

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 335

Calories from Fat 108

% Daily Value*

Total Fat 12g 18%

Saturated Fat 1g 4%

Cholesterol 0mg 0%

Sodium 60mg 2%

Total Carbohydrates 59g 20%

Dietary Fiber 15g 59%

Sugars 37g

Protein 8g 16%

Vitamin A 4833IU 97% Vitamin C 377mg 629%

Calcium 173mg 17% Iron 5mg 29%

Vitamin E 4mg 13% Vitamin K 255µg 319%

Thiamin 0mg 18% Riboflavin 0mg 15%

Vitamin D 0IU 0% Niacin 3mg 17%

Vitamin B6 0mg 22% Vitamin B12 0µg 0%

Pantothenic acid 1mg 11% Folate 229µg 57%

Phosphorus 272mg 27% Magnesium 162mg 40%

Zinc 2mg Selenium 3µg

Copper 1mg Manganese 4mg

* Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

Full Breakdown

Nutrient

% Daily Value *

Water 700g

Energy 335kcal

Energy 1418kJ

Protein 8g 16%

Total lipid (fat) 12g 18%

Ash 4g

Carbohydrate, by difference 20%

59g

Fiber, total dietary 15g 59%

Sugars, total 37g

Sucrose 4g

Glucose (dextrose) 14g

Fructose 18g

Calcium, Ca 173mg 17%

Iron, Fe 5mg 29%

Magnesium, Mg 162mg 40%

Phosphorus, P 272mg 27%

Potassium, K 1393mg 40%

Sodium, Na 60mg 2%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 4mg

Selenium, Se 3µg

Fluoride, F 28µg

Vitamin C, total ascorbic acid 629%

377mg

Niacin 3mg 17%

Pantothenic acid 1mg 11%

Folate, total 229µg

Folate, food 229µg 57%

Folate, DFE 229µg

Choline, total 56mg

Betaine 17mg

Vitamin A, RAE 244µg

Carotene, beta 2727µg

Carotene, alpha 7µg

Cryptoxanthin, beta 60µg

Vitamin A, IU 4833IU **97%**

Lycopene 3490µg

Lutein + zeaxanthin 4635µg

Vitamin E (alpha-tocopherol) **13%**
4mg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) **319%**
255µg

Fatty acids, total saturated 1g **4%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total polyunsaturated 6g

18:2 undifferentiated 5g

18:3 undifferentiated 1g

Phytosterols 78mg

Campesterol 3mg

Beta-sitosterol 19mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g