

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 125

Calories from Fat 27

% Daily Value\*

**Total Fat** 3g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 6mg **0%**

**Total Carbohydrates** 25g **8%**

Dietary Fiber 4g **16%**

Sugars 15g

**Protein** 2g **3%**

Vitamin A 217IU 4%      Vitamin C 43mg 72%

Calcium 36mg 4%      Iron 0mg 3%

Vitamin E 1mg 2%      Vitamin K 4µg 5%

Thiamin 0mg 5%      Riboflavin 0mg 6%

Vitamin D 0IU 0%      Niacin 1mg 5%

Vitamin B6 0mg 15%      Vitamin B12 0µg 0%

Pantothenic acid 1mg 6%      Folate 47µg 12%

Phosphorus 39mg 4%      Magnesium 29mg 7%

Zinc 0mg      Selenium 1µg

Copper 0mg      Manganese 0mg

\* 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 121g

Energy 125kcal

Energy 522kJ

Protein 2g **3%**

Total lipid (fat) 3g **5%**

Ash 1g

Carbohydrate, by difference 25g **8%**

Fiber, total dietary 4g **16%**

Sugars, total 15g

Sucrose 4g

Glucose (dextrose) 5g

Fructose 5g

Starch 3g

Calcium, Ca 36mg **4%**

Magnesium, Mg 29mg **7%**

Phosphorus, P 39mg **4%**

Potassium, K 414mg **12%**

Sodium, Na 6mg **0%**

Selenium, Se 1µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 43mg **72%**

Niacin 1mg **5%**

Pantothenic acid 1mg **6%**

Folate, total 47µg

Folate, food 47µg **12%**

Folate, DFE 47µg

Choline, total 13mg

Vitamin A, RAE 10µg

Carotene, beta 80µg

Carotene, alpha 23µg

Cryptoxanthin, beta 77µg

Vitamin A, IU 217IU **4%**

Lutein + zeaxanthin 143µg

**Vitamin E (alpha-tocopherol)** 1mg 2%  
**Vitamin K (phylloquinone)** 4µg 5%

**Fatty acids, total**

**monounsaturated** 2g

**18:1 undifferentiated** 2g

**Phytosterols** 24mg

**Campesterol** 1mg

**Beta-sitosterol** 14mg