

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 114

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrates 17g 6%

Dietary Fiber 5g **21%**

Sugars 8g

Protein 4g 7%

Vitamin A 2444IU 49% Vitamin C 7mg 12%

Calcium 66mg 7% Iron 1mg 6%

Vitamin E 0mg 1% Vitamin K 194µg 242%

Thiamin 0mg 8% Riboflavin 0mg 14%

Vitamin D 0IU 0% Niacin 1mg 5%

Vitamin B6 0mg 10% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 5µg 1%

Phosphorus 99mg 10% Magnesium 66mg 17%

Zinc 0mg Selenium 2µg

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 89g

Energy 114kcal

Energy 477kJ

Protein 4g 7%

Total lipid (fat) 5g 8%

Ash 1g

Carbohydrate, by difference 6%

17g

Fiber, total dietary 5g 21%

Sugars, total 8g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 4g

Calcium, Ca 66mg 7%

Iron, Fe 1mg 6%

Magnesium, Mg 66mg 17%

Phosphorus, P 99mg 10%

Potassium, K 451mg 13%

Sodium, Na 5mg 0%

Selenium, Se 2µg

Vitamin C, total ascorbic acid 12%

7mg

Niacin 1mg 5%

Folate, total 5µg

Folate, food 5µg 1%

Folate, DFE 5µg

Choline, total 4mg

Vitamin A, RAE 122µg

Carotene, beta 1433µg

Carotene, alpha 27µg

Cryptoxanthin, beta 40µg

Vitamin A, IU 2444IU 49%

Lutein + zeaxanthin 9400µg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) 242%

194µg

Fatty acids, total

monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total

polyunsaturated 3g

18:2 undifferentiated 3g

18:2 n-6 c,c 3g

Beta-sitosterol 9mg