

# Nutrition Facts

Serving Size

Serving Per Recipe About 4

**Amount Per Serving**

**Calories 133**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 5%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 18mg 1%**

**Total Carbohydrates 21g 7%**

Dietary Fiber 4g **15%**

Sugars 2g

**Protein 8g 15%**

Vitamin A 1462IU 29%      Vitamin C 12mg 19%

Calcium 165mg 17%      Iron 2mg 12%

Vitamin E 1mg 2%      Vitamin K 142µg 177%

Thiamin 0mg 11%      Riboflavin 0mg 10%

Vitamin D 0IU 0%      Niacin 2mg 8%

Vitamin B6 0mg 13%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 4%      Folate 24µg 6%

Phosphorus 167mg 17%      Magnesium 73mg 18%

Zinc 1mg      Selenium 11µg

Copper 0mg      Manganese 1mg

\* 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 101g**

**Energy 133kcal**

**Energy 557kJ**

**Protein 8g 15%**

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

**Ash 2g**

**Carbohydrate, by difference 7%**

21g

**Fiber, total dietary 4g 15%**

**Sugars, total 2g**

**Glucose (dextrose) 1g**

**Fructose 1g**

**Calcium, Ca 165mg 17%**

**Iron, Fe 2mg 12%**

**Magnesium, Mg 73mg 18%**

**Phosphorus, P 167mg 17%**

**Potassium, K 422mg 12%**

**Sodium, Na 18mg 1%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 11µg**

**Vitamin C, total ascorbic acid 19%**

12mg

**Niacin 2mg 8%**

**Folate, total 24µg**

**Folate, food 24µg 6%**

**Folate, DFE 24µg**

**Choline, total 27mg**

**Vitamin A, RAE 73µg**

**Carotene, beta 862µg**

**Carotene, alpha 14µg**

**Cryptoxanthin, beta 16µg**

**Vitamin A, IU 1462IU 29%**

**Lycopene 2301µg**

**Lutein + zeaxanthin** 4353µg  
**Vitamin E (alpha-tocopherol)**

1mg **2%**

**Vitamin K (phylloquinone)** **177%**

142µg

**Fatty acids, total saturated** 1g **3%**

**Fatty acids, total  
monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total  
polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 3mg

**Leucine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 1g