

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 176**

Calories from Fat 63

% Daily Value\*

**Total Fat 7g 10%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 152mg 6%**

**Total Carbohydrates 27g 9%**

Dietary Fiber 7g **27%**

Sugars 13g

**Protein 7g 13%**

Vitamin A 9925IU 198%    Vitamin C 164mg 273%

Calcium 189mg 19%    Iron 3mg 18%

Vitamin E 4mg 13%    Vitamin K 339µg 423%

Thiamin 0mg 14%    Riboflavin 0mg 13%

Vitamin D 0IU 0%    Niacin 2mg 11%

Vitamin B6 1mg 26%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 6%    Folate 43µg 11%

Phosphorus 176mg 18%    Magnesium 79mg 20%

Zinc 1mg    Selenium 3µg

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 225g**

**Energy 176kcal**

**Energy 736kJ**

**Protein 7g 13%**

**Total lipid (fat) 7g 10%**

**Ash 3g**

**Carbohydrate, by difference 9%**

27g

**Fiber, total dietary 7g 27%**

**Sugars, total 13g**

**Sucrose 2g**

**Glucose (dextrose) 4g**

**Fructose 5g**

**Starch 1g**

**Calcium, Ca 189mg 19%**

**Iron, Fe 3mg 18%**

**Magnesium, Mg 79mg 20%**

**Phosphorus, P 176mg 18%**

**Potassium, K 882mg 25%**

**Sodium, Na 152mg 6%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 3µg**

**Fluoride, F 25µg**

**Vitamin C, total ascorbic acid 273%**

164mg

**Niacin 2mg 11%**

**Pantothenic acid 1mg 6%**

**Vitamin B-6 1mg 26%**

**Folate, total 43µg**

**Folate, food 43µg 11%**

**Folate, DFE 43µg**

**Choline, total 14mg**

**Vitamin A, RAE 494µg**

**Carotene, beta** 5296µg  
**Carotene, alpha** 1129µg

**Cryptoxanthin, beta** 151µg

**Vitamin A, IU** 9925IU **198%**

**Lutein + zeaxanthin** 4851µg

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

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **423%**  
339µg

**Fatty acids, total monounsaturated** 2g

**18:1 undifferentiated** 2g

**Fatty acids, total polyunsaturated** 3g

**18:2 undifferentiated** 3g

**Phytosterols** 3mg

**Campesterol** 2mg

**Beta-sitosterol** 11mg

**Glutamic acid** 1g