

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 90

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 61mg 3%

Total Carbohydrates 13g 4%

Dietary Fiber 5g **21%**

Sugars 6g

Protein 6g 11%

Vitamin A 5796IU 116% Vitamin C 34mg 57%

Calcium 96mg 10% Iron 4mg 23%

Vitamin E 3mg 10% Vitamin K 292µg 365%

Thiamin 0mg 17% Riboflavin 0mg 15%

Vitamin D 0IU 0% Niacin 2mg 11%

Vitamin B6 0mg 14% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 147µg 37%

Phosphorus 141mg 14% Magnesium 74mg 19%

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 278g

Energy 90kcal

Energy 375kJ

Protein 6g 11%

Total lipid (fat) 3g 5%

Ash 2g

Carbohydrate, by difference 4%

13g

Fiber, total dietary 5g 21%

Sugars, total 6g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 3g

Calcium, Ca 96mg 10%

Iron, Fe 4mg 23%

Magnesium, Mg 74mg 19%

Phosphorus, P 141mg 14%

Potassium, K 775mg 22%

Sodium, Na 61mg 3%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 57%

34mg

Niacin 2mg 11%

Pantothenic acid 1mg 6%

Folate, total 147µg

Folate, food 147µg 37%

Folate, DFE 147µg

Choline, total 38mg

Betaine 17mg

Vitamin A, RAE 291µg

Carotene, beta 3417µg

Carotene, alpha 120µg	
Vitamin A, IU 5796IU	116%
Lycopene 2624µg	
Lutein + zeaxanthin 5402µg	
Vitamin E (alpha-tocopherol)	10%
3mg	
Tocopherol, gamma 1mg	
Vitamin K (phylloquinone)	365%
292µg	
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 2g	
18:2 undifferentiated 2g	
Phytosterols 37mg	
Campesterol 1mg	
Beta-sitosterol 6mg	
Aspartic acid 1g	
Glutamic acid 1g	