

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 65**

Calories from Fat 0

% Daily Value\*

**Total Fat 0g 0%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 87mg 4%**

**Total Carbohydrates 16g 5%**

Dietary Fiber 2g 7%

Sugars 13g

**Protein 1g 1%**

Vitamin A 280IU 6%      Vitamin C 1mg 2%

Calcium 28mg 3%      Iron 1mg 5%

Vitamin E 0mg 0%      Vitamin K 2µg 3%

Thiamin 0mg 1%      Riboflavin 0mg 1%

Vitamin D 0IU 0%      Niacin 0mg 2%

Vitamin B6 0mg 3%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 2%      Folate 11µg 3%

Phosphorus 20mg 2%      Magnesium 16mg 4%

Zinc 0mg      Selenium 0µg

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 31g**

**Energy 65kcal**

**Energy 258kJ**

**Protein 1g 1%**

**Ash 1g**

**Carbohydrate, by difference 16g 5%**

**Fiber, total dietary 2g 7%**

**Sugars, total 13g**

**Glucose (dextrose) 7g**

**Fructose 6g**

**Calcium, Ca 28mg 3%**

**Iron, Fe 1mg 5%**

**Magnesium, Mg 16mg 4%**

**Phosphorus, P 20mg 2%**

**Potassium, K 183mg 5%**

**Sodium, Na 87mg 4%**

**Vitamin C, total ascorbic acid 1mg 2%**

**Folate, total 11µg**

**Folate, food 11µg 3%**

**Folate, DFE 11µg**

**Choline, total 3mg**

**Vitamin A, RAE 14µg**

**Carotene, beta 27µg**

**Carotene, alpha 1µg**

**Cryptoxanthin, beta 3µg**

**Vitamin A, IU 280IU 6%**

**Lutein + zeaxanthin 17µg**

**Vitamin K (phylloquinone) 2µg 3%**

**Phytosterols 1mg**