

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