

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 238

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 176mg 7%

Total Carbohydrates 49g 16%

Dietary Fiber 9g **35%**

Sugars 7g

Protein 8g 17%

Vitamin A 1290IU 26% Vitamin C 38mg 63%

Calcium 98mg 10% Iron 3mg 17%

Vitamin E 2mg 8% Vitamin K 11µg 14%

Thiamin 0mg 16% Riboflavin 0mg 10%

Vitamin D 0IU 0% Niacin 3mg 15%

Vitamin B6 0mg 22% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 40µg 10%

Phosphorus 278mg 28% Magnesium 90mg 23%

Zinc 1mg Selenium 6µg

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 179g

Energy 238kcal

Energy 997kJ

Protein 8g **17%**

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

Ash 3g

Carbohydrate, by difference 49g **16%**

Fiber, total dietary 9g **35%**

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Starch 1g

Calcium, Ca 98mg **10%**

Iron, Fe 3mg **17%**

Magnesium, Mg 90mg **23%**

Phosphorus, P 278mg **28%**

Potassium, K 747mg **21%**

Sodium, Na 176mg **7%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 6µg

Fluoride, F 11µg

Vitamin C, total ascorbic acid **63%**
38mg

Niacin 3mg **15%**

Pantothenic acid 1mg **6%**

Folate, total 40µg

Folate, food 40µg **10%**

Folate, DFE 41µg

Choline, total 24mg

Betaine 1mg

Vitamin A, RAE 64µg

Carotene, beta 666µg

Carotene, alpha 108µg
Cryptoxanthin, beta 108µg

Vitamin A, IU 1290IU **26%**

Lycopene 6437µg

Lutein + zeaxanthin 456µg

Vitamin E (alpha-tocopherol) 2mg **8%**

Vitamin K (phylloquinone) 11µg **14%**

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 8mg

Leucine 1g

Glutamic acid 1g