

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 138

Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 204mg 8%

Total Carbohydrates 20g 7%

Dietary Fiber 7g 27%

Sugars 10g

Protein 9g 18%

Vitamin A 8191IU 164% Vitamin C 23mg 38%

Calcium 152mg 15% Iron 3mg 17%

Vitamin E 1mg 4% Vitamin K 196µg 245%

Thiamin 0mg 11% Riboflavin 0mg 16%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 11% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 216µg 54%

Phosphorus 161mg 16% Magnesium 89mg 22%

Zinc 1mg Selenium 4µg

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 201g

Energy 138kcal

Energy 580kJ

Protein 9g 18%

Total lipid (fat) 4g 6%

Ash 3g

Carbohydrate, by difference 7%

20g

Fiber, total dietary 7g 27%

Sugars, total 10g

Sucrose 2g

Glucose (dextrose) 1g

Fructose 1g

Maltose 1g

Starch 1g

Calcium, Ca 152mg 15%

Iron, Fe 3mg 17%

Magnesium, Mg 89mg 22%

Phosphorus, P 161mg 16%

Potassium, K 920mg 26%

Sodium, Na 204mg 8%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 38%

Niacin 1mg 6%

Pantothenic acid 1mg 7%

Folate, total 216µg

Folate, food 216µg 54%

Folate, DFE 216µg

Choline, total 33mg

Betaine 66mg

Vitamin A, RAE 409µg
Carotene, beta 4348µg

Carotene, alpha 1114µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 8191IU **164%**

Lutein + zeaxanthin 793µg

Vitamin E (alpha-tocopherol) **4%**
1mg

Tocopherol, gamma 2mg

Tocopherol, delta 1mg

Vitamin K (phylloquinone) **245%**
196µg

Fatty acids, total monounsaturated 1g

Phytosterols 24mg

Leucine 1g

Lysine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g