

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 155

Calories from Fat 27

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 19mg **1%**

Total Carbohydrates 33g **11%**

Dietary Fiber 6g **26%**

Sugars 19g

Protein 3g **7%**

Vitamin A 2495IU 50% Vitamin C 45mg 75%

Calcium 64mg 6% Iron 1mg 6%

Vitamin E 1mg 4% Vitamin K 191µg 239%

Thiamin 0mg 11% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 18% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 57µg 14%

Phosphorus 81mg 8% Magnesium 56mg 14%

Zinc 1mg Selenium 2µg

Copper 1mg 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 336g

Energy 155kcal

Energy 649kJ

Protein 3g **7%**

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

Ash 2g

Carbohydrate, by difference **11%**

33g

Fiber, total dietary 6g **26%**

Sugars, total 19g

Sucrose 2g

Glucose (dextrose) 8g

Fructose 8g

Starch 3g

Calcium, Ca 64mg **6%**

Iron, Fe 1mg **6%**

Magnesium, Mg 56mg **14%**

Phosphorus, P 81mg **8%**

Potassium, K 456mg **13%**

Sodium, Na 19mg **1%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 128µg

Vitamin C, total ascorbic acid **75%**

45mg **Niacin** 1mg **6%**

Folate, total 57µg

Folate, food 57µg **14%**

Folate, DFE 57µg

Choline, total 17mg

Vitamin A, RAE 125µg

Carotene, beta 1473µg

Carotene, alpha 28µg
Cryptoxanthin, beta 19µg

Vitamin A, IU 2495IU **50%**

Lutein + zeaxanthin 2103µg

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

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **239%**
191µg

**Fatty acids, total
polyunsaturated** 2g

18:3 undifferentiated 1g

Phytosterols 9mg

Stigmasterol 1mg

Campesterol 2mg

Beta-sitosterol 5mg