

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 49

Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 552mg **23%**

Total Carbohydrates 12g **4%**

Dietary Fiber 1g **3%**

Sugars 11g

Protein 0g **1%**

Vitamin A 85IU 2% Vitamin C 1mg 2%

Calcium 6mg 1% Iron 0mg 1%

Vitamin E 0mg 0% Vitamin K 1µg 1%

Thiamin 0mg 1% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 1%

Vitamin B6 0mg 1% Vitamin B12 0µg 0%

Pantothenic acid 0mg 1% Folate 2µg 1%

Phosphorus 8mg 1% Magnesium 5mg 1%

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 46g

Energy 49kcal

Energy 102kJ

Carbohydrate, by difference 12g **4%**

Fiber, total dietary 1g **3%**

Sugars, total 11g

Calcium, Ca 6mg **1%**

Magnesium, Mg 5mg **1%**

Phosphorus, P 8mg **1%**

Potassium, K 69mg **2%**

Sodium, Na 552mg **23%**

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

Folate, total 2µg

Folate, food 2µg **1%**

Folate, DFE 2µg

Choline, total 2mg

Vitamin A, RAE 4µg

Carotene, beta 51µg

Vitamin A, IU 85IU **2%**

Lutein + zeaxanthin 30µg

Vitamin K (phylloquinone) 1µg **1%**