

# 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%**