

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 157

Calories from Fat 45

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 227mg 9%

Total Carbohydrates 26g 9%

Dietary Fiber 5g **20%**

Sugars 11g

Protein 7g 15%

Vitamin A 10266IU 205% Vitamin C 109mg 181%

Calcium 166mg 17% Iron 2mg 14%

Vitamin E 2mg 6% Vitamin K 601µg 751%

Thiamin 0mg 10% Riboflavin 0mg 10%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 22% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 134µg 33%

Phosphorus 208mg 21% Magnesium 98mg 24%

Zinc 1mg Selenium 3µg

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 128g

Energy 157kcal

Energy 660kJ

Protein 7g 15%

Total lipid (fat) 5g 7%

Ash 4g

Carbohydrate, by difference 9%

26g

Fiber, total dietary 5g 20%

Sugars, total 11g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 166mg 17%

Iron, Fe 2mg 14%

Magnesium, Mg 98mg 24%

Phosphorus, P 208mg 21%

Potassium, K 743mg 21%

Sodium, Na 227mg 9%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Vitamin C, total ascorbic acid 181%

109mg

Niacin 2mg 9%

Folate, total 134µg

Folate, food 134µg 33%

Folate, DFE 134µg

Choline, total 11mg

Vitamin A, RAE 514µg

Carotene, beta 5774µg

Carotene, alpha 213µg

Cryptoxanthin, beta 559µg

Vitamin A, IU 10266IU 205%

Lycopene 2181µg
Lutein + zeaxanthin 6980µg

Vitamin E (alpha-tocopherol) 6%
2mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 751%
601µg

Fatty acids, total saturated 1g 4%

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

18:1 c 1g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

18:2 n-6 c,c 1g

Phytosterols 4mg

Beta-sitosterol 1mg

Glutamic acid 1g