

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 55

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 56mg 2%

Total Carbohydrates 10g 3%

Dietary Fiber 4g **17%**

Sugars 2g

Protein 5g 9%

Vitamin A 3630IU 73% Vitamin C 51mg 85%

Calcium 149mg 15% Iron 3mg 16%

Vitamin E 2mg 7% Vitamin K 257µg 321%

Thiamin 0mg 15% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 1mg 5% Folate 108µg 27%

Phosphorus 109mg 11% Magnesium 33mg 8%

Zinc 1mg Selenium 3µg

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 147g

Energy 55kcal

Energy 229kJ

Protein 5g **9%**

Total lipid (fat) 1g **1%**

Ash 1g

Carbohydrate, by difference **3%**

10g

Fiber, total dietary 4g **17%**

Sugars, total 2g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 149mg **15%**

Iron, Fe 3mg **16%**

Magnesium, Mg 33mg **8%**

Phosphorus, P 109mg **11%**

Potassium, K 345mg **10%**

Sodium, Na 56mg **2%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Vitamin C, total ascorbic acid **85%**

51mg

Niacin 2mg **9%**

Pantothenic acid 1mg **5%**

Folate, total 108µg

Folate, food 108µg **27%**

Folate, DFE 108µg

Choline, total 25mg

Vitamin A, RAE 181µg

Carotene, beta 2124µg

Carotene, alpha 16µg

Cryptoxanthin, beta 91µg

Vitamin A, IU 3630IU **73%**

Lycopene 545µg
Lutein + zeaxanthin 1289µg

Vitamin E (alpha-tocopherol) 7%
2mg

Vitamin K (phylloquinone) 321%
257µg

Phytosterols 3mg

Aspartic acid 1g

Glutamic acid 1g