

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 146

Calories from Fat 18

% Daily Value*

Total Fat 2g 4%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 54mg 2%

Total Carbohydrates 30g 10%

Dietary Fiber 9g 37%

Sugars 10g

Protein 7g 15%

Vitamin A 5106IU 102% Vitamin C 138mg 231%

Calcium 133mg 13% Iron 5mg 27%

Vitamin E 2mg 5% Vitamin K 202µg 252%

Thiamin 0mg 16% Riboflavin 0mg 10%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 1mg 26% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 101µg 25%

Phosphorus 135mg 14% Magnesium 93mg 23%

Zinc 1mg Selenium 3µg

Copper 0mg Manganese 27mg

* 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 200g

Energy 146kcal

Energy 516kJ

Protein 7g 15%

Total lipid (fat) 2g 4%

Ash 3g

Carbohydrate, by difference 10%

30g

Fiber, total dietary 9g 37%

Sugars, total 10g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 133mg 13%

Iron, Fe 5mg 27%

Magnesium, Mg 93mg 23%

Phosphorus, P 135mg 14%

Potassium, K 840mg 24%

Sodium, Na 54mg 2%

Zinc, Zn 1mg

Manganese, Mn 27mg

Selenium, Se 3µg

Vitamin C, total ascorbic acid 231%

138mg

Niacin 2mg 8%

Pantothenic acid 1mg 7%

Vitamin B-6 1mg 26%

Folate, total 101µg

Folate, food 101µg 25%

Folate, DFE 101µg

Choline, total 28mg

Betaine 1mg

Vitamin A, RAE 255µg

Carotene, beta 2296µg

Carotene, alpha 299µg
Cryptoxanthin, beta 1220µg

Vitamin A, IU 5106IU **102%**

Lutein + zeaxanthin 1810µg

Vitamin E (alpha-tocopherol) **5%**
2mg

Vitamin K (phylloquinone) **252%**
202µg

Phytosterols 29mg