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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 92 — Calories from Fat 0

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 349mg	**15%**
Total Carbohydrates 24g	**8%**
Dietary Fiber 3g	**13%**
Sugars 13g	
Protein 1g	**3%**

Vitamin A 7793IU 156%	o	Vitamin C 19mg 32%
Calcium 58mg 6%	o	Iron 1mg 5%
Vitamin E 1mg 3%	o	Vitamin K 5µg 6%
Thiamin 0mg 7%	o	Riboflavin 0mg 2%
Vitamin D 0IU 0%	o	Niacin 1mg 6%
Vitamin B6 0mg 10%	o	Vitamin B12 0µg 0%
Pantothenic acid 0mg 4%	o	Folate 29µg 7%
Phosphorus 45mg 4%	o	Magnesium 37mg 9%
Zinc 0mg	o	Selenium 1µg
Copper 0mg	o	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 244g	
Energy 92kcal	
Energy 382kJ	
Protein 1g	**3%**
Ash 2g	
Carbohydrate, by difference 24g	**8%**
Fiber, total dietary 3g	**13%**
Sugars, total 13g	
Sucrose 1g	
Glucose (dextrose) 6g	
Fructose 5g	
Calcium, Ca 58mg	**6%**
Iron, Fe 1mg	**5%**
Magnesium, Mg 37mg	**9%**
Phosphorus, P 45mg	**4%**
Potassium, K 410mg	**12%**
Sodium, Na 349mg	**15%**
Selenium, Se 1µg	
Fluoride, F 1µg	
Vitamin C, total ascorbic acid 19mg	**32%**
Niacin 1mg	**6%**
Folate, total 29µg	
Folate, food 29µg	**7%**
Folate, DFE 29µg	
Choline, total 4mg	
Vitamin A, RAE 374µg	
Carotene, beta 2981µg	
Carotene, alpha 584µg	
Cryptoxanthin, beta 2431µg	
Vitamin A, IU 7793IU	**156%**
Lutein + zeaxanthin 12µg	
Vitamin E (alpha-tocopherol)	**3%**

1mg

Vitamin K (phylloquinone) 5µg **6%**

Phytosterols 7mg