

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 162

Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 18mg **6%**

Sodium 246mg **10%**

Total Carbohydrates 27g **9%**

Dietary Fiber 5g **18%**

Sugars 7g

Protein 12g **23%**

Vitamin A 5423IU 108% Vitamin C 114mg 190%

Calcium 65mg 6% Iron 2mg 11%

Vitamin E 1mg 4% Vitamin K 74µg 93%

Thiamin 0mg 11% Riboflavin 0mg 16%

Vitamin D 2IU 1% Niacin 4mg 19%

Vitamin B6 0mg 25% Vitamin B12 0µg 1%

Pantothenic acid 1mg 11% Folate 87µg 22%

Phosphorus 150mg 15% Magnesium 51mg 13%

Zinc 1mg Selenium 9µg

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 233g

Energy 162kcal

Energy 662kJ

Protein 12g **23%**

Total lipid (fat) 1g **2%**

Ash 2g

Carbohydrate, by difference **9%**

27g

Fiber, total dietary 5g **18%**

Sugars, total 7g

Sucrose 2g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 65mg **6%**

Iron, Fe 2mg **11%**

Magnesium, Mg 51mg **13%**

Phosphorus, P 150mg **15%**

Potassium, K 621mg **18%**

Sodium, Na 246mg **10%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 9µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **190%**

114mg

Niacin 4mg **19%**

Pantothenic acid 1mg **11%**

Folate, total 87µg

Folate, food 87µg **22%**

Folate, DFE 87µg

Choline, total 42mg

Betaine 3mg

Vitamin A, RAE 269µg

Retinol 1µg

Carotene, beta 2693µg

Carotene, alpha 857µg

Cryptoxanthin, beta 138µg

Vitamin A, IU 5423IU **108%**

Lutein + zeaxanthin 1035µg

Vitamin E (alpha-tocopherol) **4%**

1mg

Vitamin D 2IU **1%**

Vitamin K (phylloquinone) 74µg **93%**

Cholesterol 18mg **6%**

Phytosterols 7mg

Leucine 1g

Lysine 1g

Valine 1g

Arginine 1g

Alanine 1g

Aspartic acid 1g

Glutamic acid 2g