

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 91

Calories from Fat 18

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrates 18g 6%

Dietary Fiber 3g 11%

Sugars 12g

Protein 2g 5%

Vitamin A 454IU 9% Vitamin C 7mg 11%

Calcium 57mg 6% Iron 1mg 4%

Vitamin E 0mg 1% Vitamin K 26µg 32%

Thiamin 0mg 8% Riboflavin 0mg 7%

Vitamin D 15IU 4% Niacin 1mg 3%

Vitamin B6 0mg 8% Vitamin B12 0µg 6%

Pantothenic acid 0mg 3% Folate 25µg 6%

Phosphorus 49mg 5% Magnesium 34mg 9%

Zinc 0mg Selenium 1µg

Copper 0mg 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 110g

Energy 91kcal

Energy 381kJ

Protein 2g 5%

Total lipid (fat) 2g 3%

Ash 1g

Carbohydrate, by difference 18g 6%

Fiber, total dietary 3g 11%

Sugars, total 12g

Sucrose 1g

Glucose (dextrose) 5g

Fructose 5g

Starch 2g

Calcium, Ca 57mg 6%

Iron, Fe 1mg 4%

Magnesium, Mg 34mg 9%

Phosphorus, P 49mg 5%

Potassium, K 309mg 9%

Sodium, Na 18mg 1%

Selenium, Se 1µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 7mg 11%

Niacin 1mg 3%

Folate, total 25µg

Folate, food 25µg 6%

Folate, DFE 25µg

Choline, total 9mg

Betaine 4mg

Vitamin A, RAE 20µg

Carotene, beta 231µg

Carotene, alpha 7µg

Vitamin A, IU 454IU 9%

Lutein + zeaxanthin 510µg

| | | |
|---|------|-----|
| Tocopherol, gamma | 1mg | |
| Vitamin D | 15IU | 4% |
| Vitamin K (phylloquinone) | 26µg | 32% |
| Fatty acids, total polyunsaturated | 1g | |
| 18:3 undifferentiated | 1g | |
| Phytosterols | 7mg | |
| Campesterol | 1mg | |
| Beta-sitosterol | 2mg | |
| Caffeine | 2mg | |
| Theobromine | 14mg | |