

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 130

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 365mg 15%

Total Carbohydrates 24g 8%

Dietary Fiber 6g **23%**

Sugars 10g

Protein 4g 9%

Vitamin A 15059IU 301% Vitamin C 67mg 112%

Calcium 109mg 11% Iron 2mg 11%

Vitamin E 1mg 4% Vitamin K 144µg 180%

Thiamin 0mg 14% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 1mg 5%

Vitamin B6 0mg 23% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 96µg 24%

Phosphorus 115mg 12% Magnesium 53mg 13%

Zinc 1mg Selenium 2µg

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 331g

Energy 130kcal

Energy 541kJ

Protein 4g 9%

Total lipid (fat) 3g 5%

Ash 3g

Carbohydrate, by difference 8%

24g

Fiber, total dietary 6g 23%

Sugars, total 10g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 2g

Calcium, Ca 109mg 11%

Iron, Fe 2mg 11%

Magnesium, Mg 53mg 13%

Phosphorus, P 115mg 12%

Potassium, K 614mg 18%

Sodium, Na 365mg 15%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 112%

67mg

Niacin 1mg 5%

Pantothenic acid 1mg 7%

Folate, total 96µg

Folate, food 96µg 24%

Folate, DFE 96µg

Choline, total 28mg

Betaine 1mg

Vitamin A, RAE 743µg

Carotene, beta 7302µg

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|--|-------------|
| Carotene, alpha 3239µg | |
| Vitamin A, IU 15059IU | 301% |
| Lycopene 1µg | |
| Lutein + zeaxanthin 748µg | |
| Vitamin E (alpha-tocopherol) 1mg | 4% |
| Vitamin K (phylloquinone) 144µg | 180% |
| Fatty acids, total saturated 1g | 3% |
| Fatty acids, total monounsaturated 2g | |
| 18:1 undifferentiated 2g | |
| Fatty acids, total polyunsaturated 1g | |
| 18:2 undifferentiated 1g | |
| Phytosterols 18mg | |
| Glutamic acid 1g | |