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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%	o	Vitamin C 67mg 112%
Calcium 109mg 11%	o	Iron 2mg 11%
Vitamin E 1mg 4%	o	Vitamin K 144µg 180%
Thiamin 0mg 14%	o	Riboflavin 0mg 8%
Vitamin D 0IU 0%	o	Niacin 1mg 5%
Vitamin B6 0mg 23%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 7%	o	Folate 96µg 24%
Phosphorus 115mg 12%	o	Magnesium 53mg 13%
Zinc 1mg	o	Selenium 2µg
Copper 0mg	o	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 24g	**8%**
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 67mg	**112%**
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	

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	