

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 107

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 206mg **9%**

Total Carbohydrates 18g **6%**

Dietary Fiber 4g **14%**

Sugars 8g

Protein 3g **5%**

Vitamin A 3319IU 66% Vitamin C 8mg 14%

Calcium 136mg 14% Iron 1mg 4%

Vitamin E 2mg 8% Vitamin K 36µg 46%

Thiamin 0mg 8% Riboflavin 0mg 11%

Vitamin D 26IU 6% Niacin 1mg 7%

Vitamin B6 0mg 7% Vitamin B12 1µg 13%

Pantothenic acid 1mg 7% Folate 47µg 12%

Phosphorus 68mg 7% Magnesium 33mg 8%

Zinc 1mg 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 202g

Energy 107kcal

Energy 448kJ

Protein 3g **5%**

Total lipid (fat) 4g **6%**

Ash 1g

Carbohydrate, by difference 18g **6%**

Fiber, total dietary 4g **14%**

Sugars, total 8g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 1g

Starch 3g

Calcium, Ca 136mg **14%**

Iron, Fe 1mg **4%**

Magnesium, Mg 33mg **8%**

Phosphorus, P 68mg **7%**

Potassium, K 370mg **11%**

Sodium, Na 206mg **9%**

Zinc, Zn 1mg

Selenium, Se 1µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid **14%**

8mg

Niacin 1mg **7%**

Pantothenic acid 1mg **7%**

Folate, total 46µg

Folate, food 47µg **12%**

Folate, DFE 47µg

Choline, total 16mg

Vitamin B-12 1µg **13%**

Vitamin B-12, added 1µg

Vitamin A, RAE 191µg

Retinol 38µg

Carotene, beta 1530µg
Carotene, alpha 569µg

Cryptoxanthin, beta 55µg

Vitamin A, IU 3319IU **66%**

Lutein + zeaxanthin 1107µg

Vitamin E (alpha-tocopherol) 2mg **8%**

Vitamin E, added 2mg

Vitamin D 26IU **6%**

Vitamin K (phylloquinone) 36µg **46%**

Fatty acids, total saturated 1g **3%**

16:0 1g

Fatty acids, total

monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 2mg

Campesterol 1mg

Beta-sitosterol 14mg