

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 36

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 295mg 12%

Total Carbohydrates 7g 2%

Dietary Fiber 2g 8%

Sugars 2g

Protein 2g 5%

Vitamin A 266IU 5% Vitamin C 2mg 3%

Calcium 11mg 1% Iron 1mg 3%

Vitamin E 0mg 0% Vitamin K 1µg 1%

Thiamin 0mg 4% Riboflavin 0mg 7%

Vitamin D 2IU 0% Niacin 1mg 5%

Vitamin B6 0mg 3% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 29µg 7%

Phosphorus 49mg 5% Magnesium 12mg 3%

Zinc 0mg Selenium 3µg

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 157g

Energy 36kcal

Energy 149kJ

Protein 2g 5%

Adjusted Protein 1g

Ash 1g

Carbohydrate, by difference 7g 2%

Fiber, total dietary 2g 8%

Sugars, total 2g

Glucose (dextrose) 1g

Calcium, Ca 11mg 1%

Iron, Fe 1mg 3%

Magnesium, Mg 12mg 3%

Phosphorus, P 49mg 5%

Potassium, K 179mg 5%

Sodium, Na 295mg 12%

Selenium, Se 3µg

Vitamin C, total ascorbic acid 2mg 3%

Niacin 1mg 5%

Folate, total 29µg

Folate, food 29µg 7%

Folate, DFE 29µg

Choline, total 5mg

Betaine 2mg

Vitamin A, IU 266IU 5%

Vitamin D 2IU 0%

Vitamin K (phylloquinone) 1µg 1%

Phytosterols 9mg

Campesterol 1mg