

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories** 133

Calories from Fat 9

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 157mg **7%**

**Total Carbohydrates** 28g **9%**

Dietary Fiber 6g **26%**

Sugars 14g

**Protein** 8g **15%**

Vitamin A 2517IU 50%      Vitamin C 102mg 169%

Calcium 90mg 9%      Iron 2mg 11%

Vitamin E 2mg 6%      Vitamin K 24µg 30%

Thiamin 0mg 20%      Riboflavin 1mg 47%

Vitamin D 4IU 1%      Niacin 7mg 33%

Vitamin B6 1mg 40%      Vitamin B12 0µg 2%

Pantothenic acid 2mg 24%      Folate 109µg 27%

Phosphorus 265mg 26%      Magnesium 67mg 17%

Zinc 2mg      Selenium 32µg

Copper 1mg      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** 457g

**Energy** 133kcal

**Energy** 558kJ

**Protein** 8g **15%**

**Total lipid (fat)** 1g **2%**

**Ash** 4g

**Carbohydrate, by difference** 28g **9%**

**Fiber, total dietary** 6g **26%**

**Sugars, total** 14g

**Sucrose** 1g

**Glucose (dextrose)** 5g

**Fructose** 5g

**Calcium, Ca** 90mg **9%**

**Iron, Fe** 2mg **11%**

**Magnesium, Mg** 67mg **17%**

**Phosphorus, P** 265mg **26%**

**Potassium, K** 1442mg **41%**

**Sodium, Na** 157mg **7%**

**Zinc, Zn** 2mg

**Copper, Cu** 1mg

**Manganese, Mn** 1mg

**Selenium, Se** 32µg

**Fluoride, F** 3µg

**Vitamin C, total ascorbic acid** 102mg **169%**

**Riboflavin** 1mg **47%**

**Niacin** 7mg **33%**

**Pantothenic acid** 2mg **24%**

**Vitamin B-6** 1mg **40%**

**Folate, total** 109µg

**Folate, food** 109µg **27%**

**Folate, DFE** 109µg

**Choline, total** 54mg

<b>Betaine</b>	13mg	
<b>Vitamin A, RAE</b>	126µg	
<b>Carotene, beta</b>	1347µg	
<b>Carotene, alpha</b>	177µg	
<b>Cryptoxanthin, beta</b>	149µg	
<b>Vitamin A, IU</b>	2517IU	<b>50%</b>
<b>Lycopene</b>	5587µg	
<b>Lutein + zeaxanthin</b>	2925µg	
<b>Vitamin E (alpha-tocopherol)</b>	2mg	<b>6%</b>
<b>Vitamin D</b>	4IU	<b>1%</b>
<b>Vitamin K (phylloquinone)</b>	24µg	<b>30%</b>
<b>Phytosterols</b>	21mg	
<b>Campesterol</b>	2mg	
<b>Aspartic acid</b>	1g	
<b>Glutamic acid</b>	1g	