

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 255

Calories from Fat 18

% Daily Value*

Total Fat 2g 4%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 11mg 4%

Sodium 148mg 6%

Total Carbohydrates 50g 17%

Dietary Fiber 5g **22%**

Sugars 7g

Protein 10g 21%

Vitamin A 2052IU 41% Vitamin C 49mg 82%

Calcium 73mg 7% Iron 2mg 12%

Vitamin E 2mg 6% Vitamin K 97µg 122%

Thiamin 0mg 19% Riboflavin 0mg 9%

Vitamin D 1IU 0% Niacin 5mg 23%

Vitamin B6 1mg 29% Vitamin B12 0µg 1%

Pantothenic acid 1mg 10% Folate 66µg 17%

Phosphorus 240mg 24% Magnesium 101mg 25%

Zinc 2mg Selenium 15µg

Copper 0mg Manganese 2mg

* 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 224g

Energy 255kcal

Energy 1066kJ

Protein 10g **21%**

Total lipid (fat) 2g **4%**

Ash 2g

Carbohydrate, by difference **17%**

50g

Fiber, total dietary 5g **22%**

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 2g

Calcium, Ca 73mg **7%**

Iron, Fe 2mg **12%**

Magnesium, Mg 101mg **25%**

Phosphorus, P 240mg **24%**

Potassium, K 629mg **18%**

Sodium, Na 148mg **6%**

Zinc, Zn 2mg

Manganese, Mn 2mg

Selenium, Se 15µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid **82%**

49mg

Niacin 5mg **23%**

Pantothenic acid 1mg **10%**

Vitamin B-6 1mg **29%**

Folate, total 66µg

Folate, food 66µg **17%**

Folate, DFE 66µg

Choline, total 42mg

Betaine 9mg

Vitamin A, RAE 100µg

Retinol	1µg	
Carotene, beta	1133µg	
Carotene, alpha	76µg	
Cryptoxanthin, beta	41µg	
Vitamin A, IU	2052IU	41%
Lycopene	2884µg	
Lutein + zeaxanthin	1419µg	
Vitamin E (alpha-tocopherol)	2mg	6%
Vitamin D	1IU	0%
Vitamin K (phylloquinone)	97µg	122%
Fatty acids, total saturated	1g	3%
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Fatty acids, total polyunsaturated	1g	
18:2 undifferentiated	1g	
Cholesterol	11mg	4%
Phytosterols	19mg	
Leucine	1g	
Lysine	1g	
Valine	1g	
Arginine	1g	
Alanine	1g	
Aspartic acid	1g	
Glutamic acid	2g	