

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 109

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 66mg **3%**

Total Carbohydrates 18g **6%**

Dietary Fiber 4g **15%**

Sugars 10g

Protein 4g **8%**

Vitamin A 928IU 19% Vitamin C 40mg 66%

Calcium 78mg 8% Iron 2mg 10%

Vitamin E 3mg 10% Vitamin K 185µg 231%

Thiamin 0mg 11% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 11% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 82µg 21%

Phosphorus 105mg 10% Magnesium 48mg 12%

Zinc 1mg Selenium 5µg

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 95g

Energy 109kcal

Energy 444kJ

Protein 4g **8%**

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

Ash 1g

Carbohydrate, by difference 6%

18g

Fiber, total dietary 4g **15%**

Sugars, total 10g

Calcium, Ca 78mg **8%**

Iron, Fe 2mg **10%**

Magnesium, Mg 48mg **12%**

Phosphorus, P 105mg **10%**

Potassium, K 419mg **12%**

Sodium, Na 66mg **3%**

Zinc, Zn 1mg

Selenium, Se 5µg

Vitamin C, total ascorbic acid 66%

40mg **6%**

Niacin 1mg

Folate, total 82µg **21%**

Folate, food 82µg

Folate, DFE 82µg

Choline, total 15mg

Betaine 3mg

Vitamin A, RAE 47µg

Carotene, beta 553µg

Carotene, alpha 7µg **19%**

Vitamin A, IU 928IU

Lutein + zeaxanthin 1252µg

Vitamin E (alpha-tocopherol) 10%

3mg

Vitamin K (phylloquinone) **231%**

185µg

**Fatty acids, total
monounsaturated** 1g

18:1 undifferentiated 1g

**Fatty acids, total
polyunsaturated** 2g

18:2 undifferentiated 2g

Phytosterols 38mg

Glutamic acid 1g