

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 29

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 66mg 3%

Total Carbohydrates 5g 2%

Dietary Fiber 1g 4%

Sugars 3g

Protein 1g 1%

Vitamin A 102IU 2% Vitamin C 4mg 7%

Calcium 13mg 1% Iron 0mg 1%

Vitamin E 0mg 0% Vitamin K 9µg 11%

Thiamin 0mg 1% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 1%

Vitamin B6 0mg 3% Vitamin B12 0µg 0%

Pantothenic acid 0mg 2% Folate 10µg 3%

Phosphorus 15mg 2% Magnesium 8mg 2%

Zinc 0mg Selenium 0µg

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 52g

Energy 29kcal

Energy 120kJ

Protein 1g 1%

Total lipid (fat) 1g 1%

Ash 1g

Carbohydrate, by difference 5g 2%

Fiber, total dietary 1g 4%

Sugars, total 3g

Glucose (dextrose) 1g

Fructose 2g

Calcium, Ca 13mg 1%

Magnesium, Mg 8mg 2%

Phosphorus, P 15mg 2%

Potassium, K 99mg 3%

Sodium, Na 66mg 3%

Fluoride, F 1µg

Vitamin C, total ascorbic acid 4mg 7%

Folate, total 10µg

Folate, food 10µg 3%

Folate, DFE 10µg

Choline, total 4mg

Vitamin A, RAE 5µg

Carotene, beta 56µg

Carotene, alpha 3µg

Cryptoxanthin, beta 7µg

Vitamin A, IU 102IU 2%

Lutein + zeaxanthin 100µg

Vitamin K (phylloquinone) 9µg 11%

Phytosterols 1mg

Beta-sitosterol 4mg