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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%	o	Vitamin C 4mg 7%
Calcium 13mg 1%	o	Iron 0mg 1%
Vitamin E 0mg 0%	o	Vitamin K 9µg 11%
Thiamin 0mg 1%	o	Riboflavin 0mg 1%
Vitamin D 0IU 0%	o	Niacin 0mg 1%
Vitamin B6 0mg 3%	o	Vitamin B12 0µg 0%
Pantothenic acid 0mg 2%	o	Folate 10µg 3%
Phosphorus 15mg 2%	o	Magnesium 8mg 2%
Zinc 0mg	o	Selenium 0µg
Copper 0mg	o	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	