

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 113

Calories from Fat 27

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 304mg **13%**

Total Carbohydrates 20g **7%**

Dietary Fiber 4g **16%**

Sugars 13g

Protein 4g **9%**

Vitamin A 4607IU 92% Vitamin C 91mg 151%

Calcium 139mg 14% Iron 1mg 6%

Vitamin E 2mg 6% Vitamin K 142µg 177%

Thiamin 0mg 5% Riboflavin 0mg 10%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 15% Vitamin B12 0µg 2%

Pantothenic acid 1mg 5% Folate 74µg 19%

Phosphorus 145mg 15% Magnesium 43mg 11%

Zinc 1mg Selenium 4µg

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 163g

Energy 113kcal

Energy 371kJ

Protein 4g **9%**

Total lipid (fat) 3g **4%**

Ash 2g

Carbohydrate, by difference **7%**

20g

Fiber, total dietary 4g **16%**

Sugars, total 13g

Glucose (dextrose) 3g

Fructose 2g

Calcium, Ca 139mg **14%**

Iron, Fe 1mg **6%**

Magnesium, Mg 43mg **11%**

Phosphorus, P 145mg **15%**

Potassium, K 405mg **12%**

Sodium, Na 304mg **13%**

Zinc, Zn 1mg

Selenium, Se 4µg

Vitamin C, total ascorbic acid **151%**

91mg

Niacin 1mg **7%**

Pantothenic acid 1mg **5%**

Folate, total 82µg

Folate, food 74µg **19%**

Folate, DFE 74µg

Choline, total 13mg

Betaine 15mg

Vitamin A, RAE 236µg

Retinol 62µg

Carotene, beta 1944µg

Carotene, alpha 11µg

Cryptoxanthin, beta 274µg

Vitamin A, IU 4607IU	92%
Lutein + zeaxanthin 2076µg	
Vitamin E (alpha-tocopherol) 2mg	6%
Vitamin K (phylloquinone) 142µg	177%
Fatty acids, total saturated 1g	4%
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Phytosterols 10mg	
Glutamic acid 1g	