

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 211

Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 4%

Cholesterol 0mg 0%

Sodium 62mg 3%

Total Carbohydrates 35g 12%

Dietary Fiber 7g 28%

Sugars 23g

Protein 5g 10%

Vitamin A 5708IU 114% Vitamin C 202mg 337%

Calcium 284mg 28% Iron 144mg 802%

Vitamin E 2mg 6% Vitamin K 244µg 305%

Thiamin 0mg 11% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 112µg 28%

Phosphorus 129mg 13% Magnesium 86mg 21%

Zinc 1mg Selenium 3µg

Copper 0mg Manganese 1mg

* 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 231g

Energy 211kcal

Energy 677kJ

Protein 5g 10%

Total lipid (fat) 8g 12%

Ash 2g

Carbohydrate, by difference 12%

35g

Fiber, total dietary 7g 28%

Sugars, total 23g

Sucrose 4g

Glucose (dextrose) 6g

Fructose 5g

Calcium, Ca 284mg 28%

Iron, Fe 144mg 802%

Magnesium, Mg 86mg 21%

Phosphorus, P 129mg 13%

Potassium, K 764mg 22%

Sodium, Na 62mg 3%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 337%

202mg

Niacin 2mg 8%

Folate, total 112µg

Folate, food 112µg 28%

Folate, DFE 112µg

Choline, total 29mg

Betaine 16mg

Vitamin A, RAE 279µg

Carotene, beta 3161µg

Carotene, alpha 159µg

Cryptoxanthin, beta	198µg	
Vitamin A, IU	5708IU	114%
Lycopene	2624µg	
Lutein + zeaxanthin	4671µg	
Vitamin E (alpha-tocopherol)	2mg	6%
Tocopherol, gamma	2mg	
Vitamin K (phylloquinone)	244µg	305%
Fatty acids, total saturated	1g	4%
16:0	1g	
Fatty acids, total monounsaturated	2g	
18:1 undifferentiated	2g	
Fatty acids, total polyunsaturated	5g	
18:2 undifferentiated	4g	
18:3 undifferentiated	1g	
Phytosterols	44mg	
Beta-sitosterol	6mg	
Aspartic acid	1g	
Glutamic acid	1g	