

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 65**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 73mg 3%**

**Total Carbohydrates 13g 4%**

Dietary Fiber 4g **17%**

Sugars 7g

**Protein 4g 7%**

Vitamin A 7819IU 156%    Vitamin C 34mg 57%

Calcium 93mg 9%    Iron 2mg 10%

Vitamin E 1mg 5%    Vitamin K 252µg 315%

Thiamin 0mg 9%    Riboflavin 0mg 8%

Vitamin D 0IU 0%    Niacin 1mg 6%

Vitamin B6 0mg 14%    Vitamin B12 0µg 0%

Pantothenic acid 0mg 5%    Folate 108µg 27%

Phosphorus 88mg 9%    Magnesium 63mg 16%

Zinc 1mg    Selenium 1µg

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 270g**

**Energy 65kcal**

**Energy 271kJ**

**Protein 4g 7%**

**Total lipid (fat) 1g 1%**

**Ash 2g**

**Carbohydrate, by difference 4%**

13g

**Fiber, total dietary 4g 17%**

**Sugars, total 7g**

**Sucrose 1g**

**Glucose (dextrose) 3g**

**Fructose 3g**

**Calcium, Ca 93mg 9%**

**Iron, Fe 2mg 10%**

**Magnesium, Mg 63mg 16%**

**Phosphorus, P 88mg 9%**

**Potassium, K 717mg 20%**

**Sodium, Na 73mg 3%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 1µg**

**Fluoride, F 9µg**

**Vitamin C, total ascorbic acid 57%**

34mg

**Niacin 1mg 6%**

**Folate, total 108µg**

**Folate, food 108µg 27%**

**Folate, DFE 108µg**

**Choline, total 27mg**

**Betaine 16mg**

**Vitamin A, RAE 392µg**

**Carotene, beta 4343µg**

**Carotene, alpha 688µg**

<b>Cryptoxanthin, beta</b> 9µg	
<b>Vitamin A, IU</b> 7819IU	<b>156%</b>
<b>Lycopene</b> 2625µg	
<b>Lutein + zeaxanthin</b> 4805µg	
<b>Vitamin E (alpha-tocopherol)</b> 1mg	<b>5%</b>
<b>Vitamin K (phylloquinone)</b> 252µg	<b>315%</b>
<b>Phytosterols</b> 12mg	
<b>Glutamic acid</b> 1g	