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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 261 — Calories from Fat 90

	% Daily Value*
Total Fat 10g	**16%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 23mg	**1%**
Total Carbohydrates 43g	**14%**
Dietary Fiber 9g	**37%**
Sugars 29g	
Protein 5g	**11%**

Vitamin A 7203IU 144%	o	Vitamin C 62mg 103%
Calcium 123mg 12%	o	Iron 2mg 11%
Vitamin E 1mg 3%	o	Vitamin K 95µg 118%
Thiamin 0mg 15%	o	Riboflavin 0mg 11%
Vitamin D 0IU 0%	o	Niacin 1mg 6%
Vitamin B6 0mg 16%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 8%	o	Folate 162µg 40%
Phosphorus 137mg 14%	o	Magnesium 68mg 17%
Zinc 1mg	o	Selenium 2µg
Copper 0mg	o	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 382g	
Energy 261kcal	
Energy 1095kJ	
Protein 5g	**11%**
Total lipid (fat) 10g	**16%**
Ash 2g	
Carbohydrate, by difference 43g	**14%**
Fiber, total dietary 9g	**37%**
Sugars, total 29g	
Sucrose 9g	
Glucose (dextrose) 7g	
Fructose 12g	
Calcium, Ca 123mg	**12%**
Iron, Fe 2mg	**11%**
Magnesium, Mg 68mg	**17%**
Phosphorus, P 137mg	**14%**
Potassium, K 777mg	**22%**
Sodium, Na 23mg	**1%**
Zinc, Zn 1mg	
Manganese, Mn 1mg	
Selenium, Se 2µg	
Fluoride, F 2µg	
Vitamin C, total ascorbic acid 62mg	**103%**
Niacin 1mg	**6%**
Pantothenic acid 1mg	**8%**
Folate, total 162µg	
Folate, food 162µg	**40%**
Folate, DFE 162µg	
Choline, total 38mg	
Betaine 1mg	
Vitamin A, RAE 360µg	
Carotene, beta 4038µg	

Carotene, alpha 107µg	
Cryptoxanthin, beta 464µg	
Vitamin A, IU 7203IU	**144%**
Lutein + zeaxanthin 2004µg	
Vitamin E (alpha-tocopherol) 1mg	**3%**
Tocopherol, gamma 3mg	
Vitamin K (phylloquinone) 95µg	**118%**
Fatty acids, total saturated 1g	**5%**
16:0 1g	
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 7g	
18:2 undifferentiated 6g	
18:3 undifferentiated 1g	
Phytosterols 16mg	
Campesterol 1mg	
Beta-sitosterol 13mg	
Arginine 1g	
Aspartic acid 1g	
Glutamic acid 1g	