

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% Vitamin C 62mg 103%

Calcium 123mg 12% Iron 2mg 11%

Vitamin E 1mg 3% Vitamin K 95µg 118%

Thiamin 0mg 15% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 16% Vitamin B12 0µg 0%

Pantothenic acid 1mg 8% Folate 162µg 40%

Phosphorus 137mg 14% Magnesium 68mg 17%

Zinc 1mg Selenium 2µg

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 382g

Energy 261kcal

Energy 1095kJ

Protein 5g 11%

Total lipid (fat) 10g 16%

Ash 2g

Carbohydrate, by difference 14%

43g

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 103%

62mg

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) **3%**
1mg

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