

Nutrition Facts

Serving Size

Serving Per Recipe About 4

Amount Per Serving

Calories 240

Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 113mg 5%

Total Carbohydrates 50g 17%

Dietary Fiber 10g **40%**

Sugars 35g

Protein 7g 13%

Vitamin A 9086IU 182% Vitamin C 73mg 122%

Calcium 165mg 16% Iron 21mg 118%

Vitamin E 4mg 14% Vitamin K 516µg 645%

Thiamin 0mg 16% Riboflavin 0mg 15%

Vitamin D 0IU 0% Niacin 2mg 11%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 177µg 44%

Phosphorus 138mg 14% Magnesium 110mg 27%

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 388g

Energy 240kcal

Energy 711kJ

Protein 7g 13%

Total lipid (fat) 4g 6%

Ash 3g

Carbohydrate, by difference 17%

50g

Fiber, total dietary 10g 40%

Sugars, total 35g

Sucrose 1g

Glucose (dextrose) 10g

Fructose 10g

Calcium, Ca 165mg 16%

Iron, Fe 21mg 118%

Magnesium, Mg 110mg 27%

Phosphorus, P 138mg 14%

Potassium, K 957mg 27%

Sodium, Na 113mg 5%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 122%

73mg

Niacin 2mg 11%

Pantothenic acid 1mg 7%

Folate, total 177µg

Folate, food 177µg 44%

Folate, DFE 177µg

Choline, total 41mg

Betaine 33mg

Vitamin A, RAE 455µg

Carotene, beta 5384µg

Carotene, alpha 108µg
Cryptoxanthin, beta 5µg

Vitamin A, IU 9086IU **182%**

Lycopene 2343µg

Lutein + zeaxanthin 9513µg

Vitamin E (alpha-tocopherol) **14%**
4mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **645%**
516µg

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 29mg

Glutamic acid 1g