

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 168

Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 86mg 4%

Total Carbohydrates 19g 6%

Dietary Fiber 8g 33%

Sugars 8g

Protein 5g 11%

Vitamin A 10614IU 212% Vitamin C 82mg 136%

Calcium 101mg 10% Iron 2mg 14%

Vitamin E 3mg 10% Vitamin K 288µg 360%

Thiamin 0mg 11% Riboflavin 0mg 13%

Vitamin D 0IU 0% Niacin 3mg 13%

Vitamin B6 0mg 23% Vitamin B12 0µg 0%

Pantothenic acid 1mg 13% Folate 165µg 41%

Phosphorus 156mg 16% Magnesium 97mg 24%

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 324g

Energy 168kcal

Energy 703kJ

Protein 5g 11%

Total lipid (fat) 10g 15%

Ash 3g

Carbohydrate, by difference 6%

19g

Fiber, total dietary 8g 33%

Sugars, total 8g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 3g

Starch 1g

Calcium, Ca 101mg 10%

Iron, Fe 2mg 14%

Magnesium, Mg 97mg 24%

Phosphorus, P 156mg 16%

Potassium, K 1042mg 30%

Sodium, Na 86mg 4%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 1µg

Fluoride, F 8µg

Vitamin C, total ascorbic acid 136%

82mg

Niacin 3mg 13%

Pantothenic acid 1mg 13%

Folate, total 165µg

Folate, food 165µg 41%

Folate, DFE 165µg

Choline, total 35mg

Betaine 17mg

Vitamin A, RAE 531µg

Carotene, beta	5748µg	
Carotene, alpha	1071µg	
Cryptoxanthin, beta	170µg	
Vitamin A, IU	10614IU	212%
Lycopene	2625µg	
Lutein + zeaxanthin	4969µg	
Vitamin E (alpha-tocopherol)	3mg	10%
Tocopherol, gamma	1mg	
Vitamin K (phylloquinone)	288µg	360%
Fatty acids, total saturated	1g	7%
16:0	1g	
Fatty acids, total monounsaturated	6g	
18:1 undifferentiated	5g	
18:1 c	1g	
Fatty acids, total polyunsaturated	2g	
18:2 undifferentiated	2g	
18:2 n-6 c,c	1g	
Phytosterols	8mg	
Stigmasterol	1mg	
Campesterol	3mg	
Beta-sitosterol	39mg	
Aspartic acid	1g	
Glutamic acid	1g	