

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 87**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 1%**

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 47mg 2%**

**Total Carbohydrates 19g 6%**

Dietary Fiber 4g 16%

Sugars 10g

**Protein 4g 8%**

Vitamin A 3169IU 63%      Vitamin C 61mg 102%

Calcium 48mg 5%      Iron 1mg 7%

Vitamin E 1mg 2%      Vitamin K 37µg 46%

Thiamin 0mg 11%      Riboflavin 0mg 11%

Vitamin D 0IU 0%      Niacin 2mg 9%

Vitamin B6 0mg 18%      Vitamin B12 0µg 0%

Pantothenic acid 1mg 5%      Folate 67µg 17%

Phosphorus 100mg 10%      Magnesium 40mg 10%

Zinc 1mg      Selenium 2µg

Copper 0mg      Manganese 0mg

\* 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 204g**

**Energy 87kcal**

**Energy 365kJ**

**Protein 4g 8%**

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

**Ash 2g**

**Carbohydrate, by difference 6%**

19g

**Fiber, total dietary 4g 16%**

**Sugars, total 10g**

**Sucrose 2g**

**Glucose (dextrose) 3g**

**Fructose 4g**

**Starch 1g**

**Calcium, Ca 48mg 5%**

**Iron, Fe 1mg 7%**

**Magnesium, Mg 40mg 10%**

**Phosphorus, P 100mg 10%**

**Potassium, K 529mg 15%**

**Sodium, Na 47mg 2%**

**Zinc, Zn 1mg**

**Selenium, Se 2µg**

**Fluoride, F 3µg**

**Vitamin C, total ascorbic acid 102%**

61mg

**Niacin 2mg 9%**

**Pantothenic acid 1mg 5%**

**Folate, total 67µg**

**Folate, food 67µg 17%**

**Folate, DFE 67µg**

**Choline, total 24mg**

**Betaine 1mg**

**Vitamin A, RAE 158µg**

**Carotene, beta 1512µg**

**Carotene, alpha** 363µg  
**Cryptoxanthin, beta** 98µg

**Vitamin A, IU** 3169IU **63%**

**Lycopene** 3321µg

**Lutein + zeaxanthin** 1919µg

**Vitamin E (alpha-tocopherol)** **2%**  
1mg

**Vitamin K (phylloquinone)** 37µg **46%**

**Phytosterols** 3mg

**Glutamic acid** 1g