

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