

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 154

Calories from Fat 45

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 467mg **19%**

Total Carbohydrates 25g **8%**

Dietary Fiber 6g **25%**

Sugars 9g

Protein 7g **14%**

Vitamin A 17211IU 344% Vitamin C 115mg 192%

Calcium 96mg 10% Iron 2mg 10%

Vitamin E 1mg 4% Vitamin K 78µg 97%

Thiamin 0mg 15% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 1mg 33% Vitamin B12 0µg 0%

Pantothenic acid 2mg 18% Folate 146µg 36%

Phosphorus 181mg 18% Magnesium 70mg 17%

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 358g

Energy 154kcal

Energy 642kJ

Protein 7g **14%**

Total lipid (fat) 5g **7%**

Ash 4g

Carbohydrate, by difference 8%

25g

Fiber, total dietary 6g **25%**

Sugars, total 9g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 96mg **10%**

Iron, Fe 2mg **10%**

Magnesium, Mg 70mg **17%**

Phosphorus, P 181mg **18%**

Potassium, K 1030mg **29%**

Sodium, Na 467mg **19%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid **192%**
115mg

Niacin 2mg **9%**

Pantothenic acid 2mg **18%**

Vitamin B-6 1mg **33%**

Folate, total 146µg

Folate, food 146µg **36%**

Folate, DFE 146µg

Choline, total 104mg

Vitamin A, RAE 854µg

Carotene, beta 8411µg

Carotene, alpha 3677µg
Cryptoxanthin, beta 3µg

Vitamin A, IU 17211IU **344%**

Lycopene 2µg

Lutein + zeaxanthin 645µg

Vitamin E (alpha-tocopherol) 4%
1mg

Vitamin K (phylloquinone) 78µg **97%**

Fatty acids, total saturated 1g **6%**

16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 40mg

Lysine 1g

Aspartic acid 1g

Glutamic acid 1g