

# Nutrition Facts

Serving Size

Serving Per Recipe About 1

**Amount Per Serving**

**Calories 171**

Calories from Fat 45

% Daily Value\*

**Total Fat 5g 8%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 52mg 2%**

**Total Carbohydrates 29g 10%**

Dietary Fiber 6g **23%**

Sugars 15g

**Protein 6g 13%**

Vitamin A 4055IU 81%      Vitamin C 53mg 89%

Calcium 104mg 10%      Iron 2mg 10%

Vitamin E 1mg 3%      Vitamin K 288µg 360%

Thiamin 0mg 17%      Riboflavin 0mg 9%

Vitamin D 0IU 0%      Niacin 1mg 7%

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

Pantothenic acid 1mg 5%      Folate 83µg 21%

Phosphorus 148mg 15%      Magnesium 81mg 20%

Zinc 1mg      Selenium 7µg

Copper 1mg      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 218g**

**Energy 171kcal**

**Energy 715kJ**

**Protein 6g 13%**

**Total lipid (fat) 5g 8%**

**Ash 2g**

**Carbohydrate, by difference 10%**

29g

**Fiber, total dietary 6g 23%**

**Sugars, total 15g**

**Sucrose 1g**

**Glucose (dextrose) 3g**

**Fructose 3g**

**Starch 5g**

**Calcium, Ca 104mg 10%**

**Iron, Fe 2mg 10%**

**Magnesium, Mg 81mg 20%**

**Phosphorus, P 148mg 15%**

**Potassium, K 546mg 16%**

**Sodium, Na 52mg 2%**

**Zinc, Zn 1mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 7µg**

**Fluoride, F 43µg**

**Vitamin C, total ascorbic acid 89%**

**Niacin 1mg 7%**

**Pantothenic acid 1mg 5%**

**Folate, total 83µg**

**Folate, food 83µg 21%**

**Folate, DFE 83µg**

**Choline, total 28mg**

**Betaine 1mg**

**Vitamin A, RAE** 203µg  
**Carotene, beta** 2400µg

**Carotene, alpha** 31µg

**Cryptoxanthin, beta** 36µg

**Vitamin A, IU** 4055IU **81%**

**Lutein + zeaxanthin** 3364µg

**Vitamin E (alpha-tocopherol)** **3%**  
1mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **360%**  
288µg

**Fatty acids, total saturated** 1g **3%**

**Fatty acids, total monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total polyunsaturated** 3g

**18:2 undifferentiated** 1g

**18:3 undifferentiated** 2g

**Phytosterols** 6mg

**Stigmasterol** 1mg

**Campesterol** 3mg

**Beta-sitosterol** 6mg

**Glutamic acid** 1g