

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