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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 82	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 41mg	**2%**
Total Carbohydrates 19g	**6%**
Dietary Fiber 5g	**19%**
Sugars 13g	
Protein 3g	**5%**

Vitamin A 2276IU 46%	o	Vitamin C 48mg 79%
Calcium 41mg 4%	o	Iron 1mg 5%
Vitamin E 1mg 3%	o	Vitamin K 15µg 19%
Thiamin 0mg 8%	o	Riboflavin 0mg 5%
Vitamin D 0IU 0%	o	Niacin 1mg 6%
Vitamin B6 0mg 15%	o	Vitamin B12 0µg 0%
Pantothenic acid 0mg 4%	o	Folate 40µg 10%
Phosphorus 69mg 7%	o	Magnesium 30mg 7%
Zinc 0mg	o	Selenium 1µg
Copper 0mg	o	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 216g	
Energy 82kcal	
Energy 340kJ	
Protein 3g	**5%**
Ash 2g	
Carbohydrate, by difference 19g	**6%**
Fiber, total dietary 5g	**19%**
Sugars, total 13g	
Sucrose 1g	
Glucose (dextrose) 3g	
Fructose 3g	
Calcium, Ca 41mg	**4%**
Iron, Fe 1mg	**5%**
Magnesium, Mg 30mg	**7%**
Phosphorus, P 69mg	**7%**
Potassium, K 568mg	**16%**
Sodium, Na 41mg	**2%**
Selenium, Se 1µg	
Fluoride, F 4µg	
Vitamin C, total ascorbic acid 48mg	**79%**
Niacin 1mg	**6%**
Folate, total 40µg	
Folate, food 40µg	**10%**
Folate, DFE 40µg	
Choline, total 16mg	
Vitamin A, RAE 114µg	
Carotene, beta 1174µg	
Carotene, alpha 378µg	
Cryptoxanthin, beta 4µg	
Vitamin A, IU 2276IU	**46%**
Lycopene 2316µg	
Lutein + zeaxanthin 294µg	
Vitamin E (alpha-tocopherol) 1mg	**3%**

Vitamin K (phylloquinone) 15µg **19%**
Phytosterols 19mg

Glutamic acid 1g