

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% Vitamin C 48mg 79%

Calcium 41mg 4% Iron 1mg 5%

Vitamin E 1mg 3% Vitamin K 15µg 19%

Thiamin 0mg 8% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 40µg 10%

Phosphorus 69mg 7% Magnesium 30mg 7%

Zinc 0mg Selenium 1µg

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 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