

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 27

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 66mg 3%

Total Carbohydrates 5g 2%

Dietary Fiber 1g 4%

Sugars 2g

Protein 0g 1%

Vitamin A 31IU 1% Vitamin C 4mg 7%

Calcium 10mg 1% Iron 0mg 1%

Vitamin E 0mg 0% Vitamin K 3µg 4%

Thiamin 0mg 1% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 1%

Vitamin B6 0mg 3% Vitamin B12 0µg 0%

Pantothenic acid 0mg 1% Folate 8µg 2%

Phosphorus 13mg 1% Magnesium 6mg 1%

Zinc 0mg Selenium 0µg

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 41g

Energy 27kcal

Energy 114kJ

Total lipid (fat) 1g 1%

Ash 1g

Carbohydrate, by difference 5g 2%

Fiber, total dietary 1g 4%

Sugars, total 2g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 10mg 1%

Magnesium, Mg 6mg 1%

Phosphorus, P 13mg 1%

Potassium, K 83mg 2%

Sodium, Na 66mg 3%

Fluoride, F 1µg

Vitamin C, total ascorbic acid 4mg 7%

Folate, total 8µg

Folate, food 8µg 2%

Folate, DFE 7µg

Choline, total 3mg

Vitamin A, RAE 2µg

Carotene, beta 12µg

Carotene, alpha 2µg

Cryptoxanthin, beta 5µg

Vitamin A, IU 31IU 1%

Lutein + zeaxanthin 25µg

Vitamin K (phylloquinone) 3µg 4%

Beta-sitosterol 4mg