

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 80

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrates 21g 7%

Dietary Fiber 2g 9%

Sugars 16g

Protein 1g 2%

Vitamin A 163IU 3% Vitamin C 35mg 58%

Calcium 18mg 2% Iron 0mg 2%

Vitamin E 0mg 1% Vitamin K 2µg 2%

Thiamin 0mg 4% Riboflavin 0mg 2%

Vitamin D 0IU 0% Niacin 1mg 3%

Vitamin B6 0mg 4% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 21µg 5%

Phosphorus 23mg 2% Magnesium 16mg 4%

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 82g

Energy 80kcal

Energy 336kJ

Protein 1g 2%

Ash 1g

Carbohydrate, by difference 21g 7%

Fiber, total dietary 2g 9%

Sugars, total 16g

Glucose (dextrose) 6g

Fructose 5g

Calcium, Ca 18mg 2%

Magnesium, Mg 16mg 4%

Phosphorus, P 23mg 2%

Potassium, K 247mg 7%

Sodium, Na 1mg 0%

Vitamin C, total ascorbic acid 35mg 58%

Niacin 1mg 3%

Folate, total 21µg

Folate, food 21µg 5%

Folate, DFE 21µg

Choline, total 7mg

Vitamin A, RAE 8µg

Carotene, beta 43µg

Carotene, alpha 4µg

Cryptoxanthin, beta 105µg

Vitamin A, IU 163IU 3%

Lutein + zeaxanthin 100µg

Vitamin K (phylloquinone) 2µg 2%