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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 130	Calories from Fat 9
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**1%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 46mg	**2%**
Total Carbohydrates 31g	**10%**
Dietary Fiber 6g	**25%**
Sugars 21g	
Protein 4g	**8%**

Vitamin A 3390IU 68%	o	Vitamin C 33mg 55%
Calcium 90mg 9%	o	Iron 2mg 14%
Vitamin E 3mg 9%	o	Vitamin K 31µg 39%
Thiamin 0mg 8%	o	Riboflavin 0mg 8%
Vitamin D 0IU 0%	o	Niacin 3mg 13%
Vitamin B6 0mg 21%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 7%	o	Folate 45µg 11%
Phosphorus 100mg 10%	o	Magnesium 53mg 13%
Zinc 1mg	o	Selenium 2µg
Copper 0mg	o	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 283g	
Energy 130kcal	
Energy 542kJ	
Protein 4g	**8%**
Total lipid (fat) 1g	**1%**
Ash 4g	
Carbohydrate, by difference 31g	**10%**
Fiber, total dietary 6g	**25%**
Sugars, total 21g	
Sucrose 1g	
Glucose (dextrose) 10g	
Fructose 10g	
Calcium, Ca 90mg	**9%**
Iron, Fe 2mg	**14%**
Magnesium, Mg 53mg	**13%**
Phosphorus, P 100mg	**10%**
Potassium, K 922mg	**26%**
Sodium, Na 46mg	**2%**
Zinc, Zn 1mg	
Manganese, Mn 1mg	
Selenium, Se 2µg	
Fluoride, F 41µg	
Vitamin C, total ascorbic acid 33mg	**55%**
Niacin 3mg	**13%**
Pantothenic acid 1mg	**7%**
Folate, total 45µg	
Folate, food 45µg	**11%**
Folate, DFE 45µg	
Choline, total 27mg	
Betaine 1mg	
Vitamin A, RAE 169µg	
Carotene, beta 1786µg	
Carotene, alpha 472µg	

Cryptoxanthin, beta 4µg	
Vitamin A, IU 3390IU	**68%**
Lycopene 18946µg	
Lutein + zeaxanthin 319µg	
Vitamin E (alpha-tocopherol) 3mg	**9%**
Tocopherol, gamma 1mg	
Vitamin K (phylloquinone) 31µg	**39%**
Phytosterols 17mg	
Aspartic acid 1g	
Glutamic acid 2g	