

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% Vitamin C 33mg 55%

Calcium 90mg 9% Iron 2mg 14%

Vitamin E 3mg 9% Vitamin K 31µg 39%

Thiamin 0mg 8% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 3mg 13%

Vitamin B6 0mg 21% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 45µg 11%

Phosphorus 100mg 10% Magnesium 53mg 13%

Zinc 1mg Selenium 2µg

Copper 0mg 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