

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 154

Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 156mg 7%

Total Carbohydrates 36g 12%

Dietary Fiber 7g 26%

Sugars 29g

Protein 4g 9%

Vitamin A 7920IU 158% Vitamin C 127mg 211%

Calcium 100mg 10% Iron 2mg 11%

Vitamin E 3mg 11% Vitamin K 260µg 325%

Thiamin 0mg 10% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 12%

Vitamin B6 0mg 24% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 182µg 46%

Phosphorus 97mg 10% Magnesium 71mg 18%

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 364g

Energy 154kcal

Energy 642kJ

Protein 4g 9%

Total lipid (fat) 1g 2%

Ash 3g

Carbohydrate, by difference 12%

36g

Fiber, total dietary 7g 26%

Sugars, total 29g

Sucrose 12g

Glucose (dextrose) 6g

Fructose 10g

Calcium, Ca 100mg 10%

Iron, Fe 2mg 11%

Magnesium, Mg 71mg 18%

Phosphorus, P 97mg 10%

Potassium, K 937mg 27%

Sodium, Na 156mg 7%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 211%

127mg

Niacin 2mg 12%

Pantothenic acid 1mg 7%

Folate, total 182µg

Folate, food 182µg 46%

Folate, DFE 182µg

Choline, total 34mg

Betaine 16mg

Vitamin A, RAE 396µg

Carotene, beta 4596µg

Carotene, alpha 138µg
Cryptoxanthin, beta 174µg

Vitamin A, IU 7920IU **158%**

Lycopene 2630µg

Lutein + zeaxanthin 4735µg

Vitamin E (alpha-tocopherol) **11%**
3mg

Vitamin K (phylloquinone) **325%**
260µg

Phytosterols 12mg

Glutamic acid 1g