

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 58

Calories from Fat 0

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrates 13g 4%

Dietary Fiber 3g 11%

Sugars 8g

Protein 2g 4%

Vitamin A 1397IU 28% Vitamin C 59mg 99%

Calcium 47mg 5% Iron 1mg 4%

Vitamin E 1mg 3% Vitamin K 32µg 40%

Thiamin 0mg 5% Riboflavin 0mg 12%

Vitamin D 1IU 0% Niacin 2mg 8%

Vitamin B6 0mg 14% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 50µg 13%

Phosphorus 65mg 6% Magnesium 22mg 6%

Zinc 1mg Selenium 6µg

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 174g

Energy 58kcal

Energy 243kJ

Protein 2g 4%

Ash 1g

Carbohydrate, by difference 13g 4%

Fiber, total dietary 3g 11%

Sugars, total 8g

Sucrose 2g

Glucose (dextrose) 2g

Fructose 3g

Calcium, Ca 47mg 5%

Iron, Fe 1mg 4%

Magnesium, Mg 22mg 6%

Phosphorus, P 65mg 6%

Potassium, K 387mg 11%

Sodium, Na 77mg 3%

Zinc, Zn 1mg

Selenium, Se 6µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 59mg 99%

Niacin 2mg 8%

Pantothenic acid 1mg 6%

Folate, total 50µg

Folate, food 50µg 13%

Folate, DFE 50µg

Choline, total 15mg

Betaine 3mg

Vitamin A, RAE 67µg

Carotene, beta 744µg

Carotene, alpha 11µg

Cryptoxanthin, beta 101µg

Vitamin A, IU 1397IU 28%

Lycopene 1µg
Lutein + zeaxanthin 1265µg

Vitamin E (alpha-tocopherol) 1mg **3%**

Vitamin D 1IU **0%**

Vitamin K (phylloquinone) 32µg **40%**

Phytosterols 5mg