

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 215

Calories from Fat 27

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 18mg 1%

Total Carbohydrates 50g 17%

Dietary Fiber 10g 41%

Sugars 27g

Protein 4g 8%

Vitamin A 1823IU 36% Vitamin C 214mg 356%

Calcium 109mg 11% Iron 2mg 12%

Vitamin E 3mg 9% Vitamin K 172µg 215%

Thiamin 0mg 11% Riboflavin 0mg 9%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 97µg 24%

Phosphorus 116mg 12% Magnesium 78mg 19%

Zinc 1mg Selenium 3µg

Copper 1mg 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 395g

Energy 215kcal

Energy 900kJ

Protein 4g 8%

Total lipid (fat) 3g 4%

Ash 2g

Carbohydrate, by difference 17%

50g

Fiber, total dietary 10g 41%

Sugars, total 27g

Sucrose 2g

Glucose (dextrose) 12g

Fructose 12g

Starch 3g

Calcium, Ca 109mg 11%

Iron, Fe 2mg 12%

Magnesium, Mg 78mg 19%

Phosphorus, P 116mg 12%

Potassium, K 969mg 28%

Sodium, Na 18mg 1%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 65µg

Vitamin C, total ascorbic acid 214mg 356%

Niacin 2mg 9%

Pantothenic acid 1mg 7%

Folate, total 97µg

Folate, food 97µg 24%

Folate, DFE 97µg

Choline, total 28mg

Betaine 1mg

Vitamin A, RAE 90µg
Carotene, beta 1076µg

Carotene, alpha 23µg

Cryptoxanthin, beta 13µg

Vitamin A, IU 1823IU **36%**

Lutein + zeaxanthin 1555µg

Vitamin E (alpha-tocopherol) **9%**
3mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **215%**
172µg

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 1g

18:3 undifferentiated 1g

Phytosterols 9mg

Campesterol 2mg

Beta-sitosterol 3mg

Glutamic acid 1g