

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 90

Calories from Fat 36

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 103mg 4%

Total Carbohydrates 13g 4%

Dietary Fiber 4g **15%**

Sugars 4g

Protein 4g 9%

Vitamin A 1384IU 28% Vitamin C 73mg 121%

Calcium 65mg 7% Iron 1mg 7%

Vitamin E 2mg 7% Vitamin K 51µg 64%

Thiamin 0mg 12% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 18% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 120µg 30%

Phosphorus 108mg 11% Magnesium 43mg 11%

Zinc 1mg Selenium 2µg

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 161g

Energy 90kcal

Energy 375kJ

Protein 4g **9%**

Total lipid (fat) 4g **6%**

Ash 1g

Carbohydrate, by difference **4%**

13g

Fiber, total dietary 4g **15%**

Sugars, total 4g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 65mg **7%**

Iron, Fe 1mg **7%**

Magnesium, Mg 43mg **11%**

Phosphorus, P 108mg **11%**

Potassium, K 463mg **13%**

Sodium, Na 103mg **4%**

Zinc, Zn 1mg

Selenium, Se 2µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **121%**

73mg

Niacin 2mg **8%**

Pantothenic acid 1mg **10%**

Folate, total 120µg

Folate, food 120µg **30%**

Folate, DFE 120µg

Choline, total 46mg

Betaine 8mg

Vitamin A, RAE 66µg

Carotene, beta 745µg

Carotene, alpha 4µg

Cryptoxanthin, beta 92µg

Vitamin A, IU 1384IU **28%**
Lutein + zeaxanthin 931µg

Vitamin E (alpha-tocopherol) **7%**
2mg

Vitamin K (phylloquinone) 51µg **64%**

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

18:1 c 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 24mg

Beta-sitosterol 8mg

Glutamic acid 1g