

## 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