

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 155

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 287mg 12%

Total Carbohydrates 32g 11%

Dietary Fiber 5g 20%

Sugars 11g

Protein 8g 16%

Vitamin A 1819IU 36% Vitamin C 45mg 74%

Calcium 47mg 5% Iron 3mg 14%

Vitamin E 1mg 4% Vitamin K 37µg 46%

Thiamin 0mg 18% Riboflavin 0mg 6%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 19% Vitamin B12 0µg 0%

Pantothenic acid 1mg 8% Folate 161µg 40%

Phosphorus 109mg 11% Magnesium 33mg 8%

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 242g

Energy 155kcal

Energy 647kJ

Protein 8g 16%

Total lipid (fat) 1g 1%

Ash 2g

Carbohydrate, by difference 32g 11%

Fiber, total dietary 5g 20%

Sugars, total 11g

Sucrose 4g

Glucose (dextrose) 2g

Fructose 4g

Starch 12g

Calcium, Ca 47mg 5%

Iron, Fe 3mg 14%

Magnesium, Mg 33mg 8%

Phosphorus, P 109mg 11%

Potassium, K 486mg 14%

Sodium, Na 287mg 12%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 45mg 74%

Niacin 1mg 7%

Pantothenic acid 1mg 8%

Folate, total 161µg

Folate, food 161µg 40%

Folate, DFE 161µg

Choline, total 35mg

Betaine 6mg

Vitamin A, RAE 79µg

Carotene, beta 906µg

Carotene, alpha 55µg
Cryptoxanthin, beta 15µg

Vitamin A, IU 1819IU **36%**

Lycopene 1159µg

Lutein + zeaxanthin 821µg

Vitamin E (alpha-tocopherol) 1mg **4%**

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 37µg **46%**

Phytosterols 6mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g