

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 198

Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 226mg **9%**

Total Carbohydrates 39g **13%**

Dietary Fiber 10g **40%**

Sugars 8g

Protein 12g **23%**

Vitamin A 6550IU 131% Vitamin C 33mg 55%

Calcium 119mg 12% Iron 3mg 19%

Vitamin E 1mg 3% Vitamin K 230µg 287%

Thiamin 0mg 32% Riboflavin 0mg 25%

Vitamin D 4IU 1% Niacin 3mg 17%

Vitamin B6 1mg 27% Vitamin B12 0µg 1%

Pantothenic acid 1mg 12% Folate 166µg 41%

Phosphorus 216mg 22% Magnesium 91mg 23%

Zinc 1mg Selenium 4µg

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 293g

Energy 198kcal

Energy 826kJ

Protein 12g **23%**

Total lipid (fat) 1g **2%**

Ash 3g

Carbohydrate, by difference **13%**

39g

Fiber, total dietary 10g **40%**

Sugars, total 8g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 2g

Starch 13g

Calcium, Ca 119mg **12%**

Iron, Fe 3mg **19%**

Magnesium, Mg 91mg **23%**

Phosphorus, P 216mg **22%**

Potassium, K 1013mg **29%**

Sodium, Na 226mg **9%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid **55%**

33mg

Niacin 3mg **17%**

Pantothenic acid 1mg **12%**

Vitamin B-6 1mg **27%**

Folate, total 165µg

Folate, food 166µg **41%**

Folate, DFE 166µg

Choline, total 48mg

Betaine 1mg

Vitamin A, RAE 319µg
Carotene, beta 3440µg

Carotene, alpha 716µg

Cryptoxanthin, beta 58µg

Vitamin A, IU 6550IU **131%**

Lycopene 3531µg

Lutein + zeaxanthin 10254µg

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

1mg

Tocopherol, gamma 1mg

Vitamin D 4IU **1%**

Vitamin K (phylloquinone) **287%**

230µg

**Fatty acids, total
polyunsaturated** 1g

Phytosterols 7mg

Leucine 1g

Lysine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g