

# 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