

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 55

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 541mg 23%

Total Carbohydrates 14g 5%

Dietary Fiber 2g 6%

Sugars 10g

Protein 1g 2%

Vitamin A 1451IU 29% Vitamin C 11mg 19%

Calcium 28mg 3% Iron 1mg 3%

Vitamin E 1mg 2% Vitamin K 66µg 83%

Thiamin 0mg 2% Riboflavin 0mg 3%

Vitamin D 0IU 0% Niacin 0mg 2%

Vitamin B6 0mg 4% Vitamin B12 0µg 0%

Pantothenic acid 0mg 2% Folate 15µg 4%

Phosphorus 20mg 2% Magnesium 10mg 3%

Zinc 0mg Selenium 1µg

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 37g

Energy 55kcal

Energy 125kJ

Protein 1g 2%

Ash 1g

Carbohydrate, by difference 14g 5%

Fiber, total dietary 2g 6%

Sugars, total 10g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 28mg 3%

Iron, Fe 1mg 3%

Magnesium, Mg 10mg 3%

Phosphorus, P 20mg 2%

Potassium, K 179mg 5%

Sodium, Na 541mg 23%

Selenium, Se 1µg

Vitamin C, total ascorbic acid 11mg 19%

Folate, total 15µg

Folate, food 15µg 4%

Folate, DFE 15µg

Choline, total 5mg

Vitamin A, RAE 72µg

Carotene, beta 846µg

Carotene, alpha 8µg

Cryptoxanthin, beta 43µg

Vitamin A, IU 1451IU 29%

Lutein + zeaxanthin 186µg

Vitamin E (alpha-tocopherol) 1mg 2%

Vitamin K (phylloquinone) 66µg 83%

Phytosterols 1mg

Stigmasterol 1mg