

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 163

Calories from Fat 9

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 303mg **13%**

Total Carbohydrates 31g **10%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 10g **20%**

Vitamin A 4794IU 96% Vitamin C 47mg 79%

Calcium 39mg 4% Iron 3mg 16%

Vitamin E 1mg 4% Vitamin K 42µg 53%

Thiamin 0mg 24% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 18% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 204µg 51%

Phosphorus 133mg 13% Magnesium 32mg 8%

Zinc 1mg Selenium 0µg

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 220g

Energy 163kcal

Energy 680kJ

Protein 10g **20%**

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

Ash 2g

Carbohydrate, by difference 31g **10%**

Fiber, total dietary 6g **24%**

Sugars, total 5g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 2g

Starch 18g

Calcium, Ca 39mg **4%**

Iron, Fe 3mg **16%**

Magnesium, Mg 32mg **8%**

Phosphorus, P 133mg **13%**

Potassium, K 524mg **15%**

Sodium, Na 303mg **13%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 47mg **79%**

Niacin 2mg **9%**

Pantothenic acid 1mg **10%**

Folate, total 204µg

Folate, food 204µg **51%**

Folate, DFE 204µg

Choline, total 42mg

Vitamin A, RAE 227µg

Carotene, beta 2331µg

Carotene, alpha 681µg

Cryptoxanthin, beta 110µg

Vitamin A, IU 4794IU **96%**
Lycopene 1158µg

Lutein + zeaxanthin 518µg

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

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) 42µg **53%**

Phytosterols 5mg

Leucine 1g

Lysine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g