

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 150

Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 228mg **9%**

Total Carbohydrates 33g **11%**

Dietary Fiber 9g **37%**

Sugars 12g

Protein 6g **11%**

Vitamin A 3873IU 77% Vitamin C 82mg 136%

Calcium 131mg 13% Iron 2mg 13%

Vitamin E 2mg 7% Vitamin K 124µg 155%

Thiamin 0mg 17% Riboflavin 0mg 23%

Vitamin D 12IU 3% Niacin 3mg 17%

Vitamin B6 0mg 22% Vitamin B12 0µg 3%

Pantothenic acid 2mg 18% Folate 147µg 37%

Phosphorus 171mg 17% Magnesium 62mg 15%

Zinc 1mg Selenium 8µg

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 370g

Energy 150kcal

Energy 627kJ

Protein 6g **11%**

Adjusted Protein 1g

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

Ash 3g

Carbohydrate, by difference **11%**

33g

Fiber, total dietary 9g **37%**

Sugars, total 12g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 2g

Calcium, Ca 131mg **13%**

Iron, Fe 2mg **13%**

Magnesium, Mg 62mg **15%**

Phosphorus, P 171mg **17%**

Potassium, K 871mg **25%**

Sodium, Na 228mg **9%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 8µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid **136%**

82mg

Niacin 3mg **17%**

Pantothenic acid 2mg **18%**

Folate, total 147µg

Folate, food 147µg **37%**

Folate, DFE 147µg

Choline, total 28mg

Betaine 6mg

Vitamin A, RAE 184µg

Carotene, beta 1889µg

Carotene, alpha 571µg

Cryptoxanthin, beta 73µg

Vitamin A, IU 3873IU **77%**

Lutein + zeaxanthin 719µg

Vitamin E (alpha-tocopherol) **7%**

2mg

Vitamin D 12IU **3%**

Vitamin K (phylloquinone) **155%**

124µg

Dihydrophylloquinone 1µg

Phytosterols 13mg

Campesterol 1mg

Glutamic acid 1g