

## 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