

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 70

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 215mg 9%

Total Carbohydrates 17g 6%

Dietary Fiber 3g 11%

Sugars 5g

Protein 2g 4%

Vitamin A 2418IU 48% Vitamin C 19mg 32%

Calcium 61mg 6% Iron 2mg 9%

Vitamin E 1mg 2% Vitamin K 22µg 28%

Thiamin 0mg 4% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 4%

Vitamin B6 0mg 14% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 56µg 14%

Phosphorus 42mg 4% Magnesium 29mg 7%

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 196g

Energy 70kcal

Energy 293kJ

Protein 2g 4%

Ash 2g

Carbohydrate, by difference 17g 6%

Fiber, total dietary 3g 11%

Sugars, total 5g

Calcium, Ca 61mg 6%

Iron, Fe 2mg 9%

Magnesium, Mg 29mg 7%

Phosphorus, P 42mg 4%

Potassium, K 479mg 14%

Sodium, Na 215mg 9%

Selenium, Se 1µg

Vitamin C, total ascorbic acid 19mg 32%

Niacin 1mg 4%

Folate, total 56µg

Folate, food 56µg 14%

Folate, DFE 56µg

Choline, total 16mg

Vitamin A, RAE 114µg

Carotene, beta 1375µg

Vitamin A, IU 2418IU 48%

Lutein + zeaxanthin 889µg

Vitamin E (alpha-tocopherol) 1mg 2%

Vitamin K (phylloquinone) 22µg 28%