

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 174

Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 11mg 4%

Sodium 395mg 16%

Total Carbohydrates 36g 12%

Dietary Fiber 7g 26%

Sugars 24g

Protein 9g 17%

Vitamin A 11990IU 240% Vitamin C 89mg 148%

Calcium 144mg 14% Iron 2mg 10%

Vitamin E 2mg 5% Vitamin K 412µg 515%

Thiamin 0mg 10% Riboflavin 0mg 9%

Vitamin D 1IU 0% Niacin 3mg 15%

Vitamin B6 0mg 23% Vitamin B12 0µg 1%

Pantothenic acid 1mg 6% Folate 108µg 27%

Phosphorus 139mg 14% Magnesium 62mg 15%

Zinc 1mg Selenium 5µg

Copper 1mg 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 294g

Energy 174kcal

Energy 729kJ

Protein 9g 17%

Total lipid (fat) 1g 2%

Ash 4g

Carbohydrate, by difference 12%

36g

Fiber, total dietary 7g 26%

Sugars, total 24g

Sucrose 1g

Glucose (dextrose) 10g

Fructose 10g

Calcium, Ca 144mg 14%

Iron, Fe 2mg 10%

Magnesium, Mg 62mg 15%

Phosphorus, P 139mg 14%

Potassium, K 855mg 24%

Sodium, Na 395mg 16%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 5µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 148%

89mg

Niacin 3mg 15%

Pantothenic acid 1mg 6%

Folate, total 108µg

Folate, food 108µg 27%

Folate, DFE 108µg

Choline, total 25mg

Betaine 1mg

Vitamin A, RAE 591µg

Retinol	1μg	
Carotene, beta	6439μg	
Carotene, alpha	1234μg	
Cryptoxanthin, beta	48μg	
Vitamin A, IU	11990IU	240%
Lycopene	2316μg	
Lutein + zeaxanthin	4850μg	
Vitamin E (alpha-tocopherol)	2mg	5%
Vitamin D	1IU	0%
Vitamin K (phylloquinone)	412μg	515%
Cholesterol	11mg	4%
Phytosterols	9mg	
Aspartic acid	1g	
Glutamic acid	1g	