

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 144

Calories from Fat 9

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 153mg **6%**

**Total Carbohydrates** 33g **11%**

Dietary Fiber 8g **32%**

Sugars 23g

**Protein** 5g **11%**

Vitamin A 5784IU 116%    Vitamin C 60mg 100%

Calcium 129mg 13%    Iron 3mg 14%

Vitamin E 2mg 5%    Vitamin K 253µg 316%

Thiamin 0mg 12%    Riboflavin 0mg 10%

Vitamin D 0IU 0%    Niacin 2mg 9%

Vitamin B6 0mg 17%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 7%    Folate 230µg 57%

Phosphorus 131mg 13%    Magnesium 89mg 22%

Zinc 1mg    Selenium 1µg

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** 376g

**Energy** 144kcal

**Energy** 601kJ

**Protein** 5g **11%**

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

**Ash** 3g

**Carbohydrate, by difference** **11%**

33g

**Fiber, total dietary** 8g **32%**

**Sugars, total** 23g

**Sucrose** 6g

**Glucose (dextrose)** 4g

**Fructose** 4g

**Calcium, Ca** 129mg **13%**

**Iron, Fe** 3mg **14%**

**Magnesium, Mg** 89mg **22%**

**Phosphorus, P** 131mg **13%**

**Potassium, K** 1112mg **32%**

**Sodium, Na** 153mg **6%**

**Zinc, Zn** 1mg

**Manganese, Mn** 1mg

**Selenium, Se** 1µg

**Fluoride, F** 3µg

**Vitamin C, total ascorbic acid** **100%**

60mg

**Niacin** 2mg **9%**

**Pantothenic acid** 1mg **7%**

**Folate, total** 230µg

**Folate, food** 230µg **57%**

**Folate, DFE** 230µg

**Choline, total** 37mg

**Betaine** 161mg

**Vitamin A, RAE** 290µg

**Carotene, beta** 3166µg

**Carotene, alpha** 210µg  
**Cryptoxanthin, beta** 400µg

**Vitamin A, IU** 5784IU **116%**

**Lycopene** 2624µg

**Lutein + zeaxanthin** 4817µg

**Vitamin E (alpha-tocopherol)** **5%**

2mg

**Vitamin K (phylloquinone)** **316%**

253µg

**Phytosterols** 38mg

**Glutamic acid** 1g