

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 169

Calories from Fat 27

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 42mg **2%**

Total Carbohydrates 36g **12%**

Dietary Fiber 9g **34%**

Sugars 21g

Protein 5g **9%**

Vitamin A 4598IU 92% Vitamin C 165mg 275%

Calcium 139mg 14% Iron 2mg 12%

Vitamin E 1mg 5% Vitamin K 220µg 275%

Thiamin 0mg 17% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 19% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 173µg 43%

Phosphorus 121mg 12% Magnesium 94mg 24%

Zinc 1mg Selenium 2µg

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 347g

Energy 169kcal

Energy 712kJ

Protein 5g **9%**

Total lipid (fat) 3g **5%**

Ash 2g

Carbohydrate, by difference **12%**

36g

Fiber, total dietary 9g **34%**

Sugars, total 21g

Sucrose 7g

Glucose (dextrose) 7g

Fructose 7g

Starch 2g

Calcium, Ca 139mg **14%**

Iron, Fe 2mg **12%**

Magnesium, Mg 94mg **24%**

Phosphorus, P 121mg **12%**

Potassium, K 805mg **23%**

Sodium, Na 42mg **2%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 48µg

Vitamin C, total ascorbic acid **275%**

165mg

Niacin 2mg **9%**

Pantothenic acid 1mg **7%**

Folate, total 173µg

Folate, food 173µg **43%**

Folate, DFE 173µg

Choline, total 34mg

Betaine 47mg

Vitamin A, RAE 230µg

Carotene, beta 2669µg

Carotene, alpha 17µg

Cryptoxanthin, beta 162µg

Vitamin A, IU 4598IU **92%**

Lutein + zeaxanthin 5739µg

Vitamin E (alpha-tocopherol) **5%**
1mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **275%**
220µg

Fatty acids, total

polyunsaturated 2g

18:3 undifferentiated 1g

Phytosterols 56mg

Stigmasterol 1mg

Campesterol 2mg

Beta-sitosterol 5mg

Aspartic acid 1g

Glutamic acid 1g