

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 115

Calories from Fat 18

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 11mg **4%**

Sodium 229mg **10%**

Total Carbohydrates 19g **6%**

Dietary Fiber 5g **19%**

Sugars 6g

Protein 9g **18%**

Vitamin A 23139IU 463% Vitamin C 138mg 229%

Calcium 160mg 16% Iron 2mg 11%

Vitamin E 3mg 9% Vitamin K 612µg 765%

Thiamin 0mg 12% Riboflavin 0mg 12%

Vitamin D 1IU 0% Niacin 3mg 14%

Vitamin B6 1mg 28% Vitamin B12 0µg 1%

Pantothenic acid 0mg 4% Folate 136µg 34%

Phosphorus 146mg 15% Magnesium 58mg 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 180g

Energy 115kcal

Energy 480kJ

Protein 9g **18%**

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

Ash 3g

Carbohydrate, by difference 19g **6%**

Fiber, total dietary 5g **19%**

Sugars, total 6g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 160mg **16%**

Iron, Fe 2mg **11%**

Magnesium, Mg 58mg **15%**

Phosphorus, P 146mg **15%**

Potassium, K 742mg **21%**

Sodium, Na 229mg **10%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 5µg

Vitamin C, total ascorbic acid 138mg **229%**

Niacin 3mg **14%**

Vitamin B-6 1mg **28%**

Folate, total 136µg

Folate, food 136µg **34%**

Folate, DFE 136µg

Choline, total 22mg

Betaine 1mg

Vitamin A, RAE 1157µg

Retinol 1µg

Carotene, beta 12205µg

Carotene, alpha 3142µg

Cryptoxanthin, beta 193µg

Vitamin A, IU 23139IU **463%**

Lycopene 1µg

Lutein + zeaxanthin 7265µg

Vitamin E (alpha-tocopherol) **9%**

3mg

Vitamin D 1IU **0%**

Vitamin K (phylloquinone) **765%**

612µg

Fatty acids, total polyunsaturated 1g

Cholesterol 11mg **4%**

Phytosterols 1mg

Glutamic acid 1g