

## 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** 6%

19g

**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** **229%**  
138mg

**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