

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 119

Calories from Fat 36

% Daily Value\*

**Total Fat** 4g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

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

**Sodium** 533mg **22%**

**Total Carbohydrates** 19g **6%**

Dietary Fiber 2g **9%**

Sugars 14g

**Protein** 3g **6%**

Vitamin A 204IU 4%      Vitamin C 50mg 83%

Calcium 46mg 5%      Iron 0mg 2%

Vitamin E 1mg 3%      Vitamin K 0µg 0%

Thiamin 0mg 5%      Riboflavin 0mg 4%

Vitamin D 0IU 0%      Niacin 1mg 7%

Vitamin B6 0mg 7%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 3%      Folate 35µg 9%

Phosphorus 51mg 5%      Magnesium 24mg 6%

Zinc 0mg      Selenium 1µg

Copper 0mg      Manganese 0mg

\* 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 73g

Energy 119kcal

Energy 394kJ

Protein 3g **6%**

Total lipid (fat) 4g **7%**

Ash 1g

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

Fiber, total dietary 2g **9%**

Sugars, total 14g

Sucrose 4g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 46mg **5%**

Magnesium, Mg 24mg **6%**

Phosphorus, P 51mg **5%**

Potassium, K 196mg **6%**

Sodium, Na 533mg **22%**

Selenium, Se 1µg

Vitamin C, total ascorbic acid 50mg **83%**

Niacin 1mg **7%**

Folate, total 35µg

Folate, food 35µg **9%**

Folate, DFE 35µg

Choline, total 13mg

Vitamin A, RAE 10µg

Carotene, beta 72µg

Carotene, alpha 6µg

Cryptoxanthin, beta 96µg

Vitamin A, IU 204IU **4%**

Lutein + zeaxanthin 107µg

Vitamin E (alpha-tocopherol) 1mg **3%**

Tocopherol, gamma 1mg

Fatty acids, total saturated 1g **4%**

**Fatty acids, total  
monounsaturated 2g  
18:1 undifferentiated 2g  
18:1 c 2g  
Fatty acids, total  
polyunsaturated 1g  
18:2 undifferentiated 1g  
18:2 n-6 c,c 1g  
Phytosterols 20mg  
Glutamic acid 1g**