

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 198

Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 282mg **12%**

Total Carbohydrates 33g **11%**

Dietary Fiber 8g **33%**

Sugars 8g

Protein 8g **17%**

Vitamin A 3398IU 68% Vitamin C 87mg 144%

Calcium 148mg 15% Iron 3mg 14%

Vitamin E 2mg 7% Vitamin K 73µg 91%

Thiamin 0mg 32% Riboflavin 0mg 22%

Vitamin D 9IU 2% Niacin 7mg 35%

Vitamin B6 1mg 31% Vitamin B12 0µg 1%

Pantothenic acid 1mg 14% Folate 133µg 33%

Phosphorus 300mg 30% Magnesium 64mg 16%

Zinc 2mg Selenium 32µg

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 260g

Energy 198kcal

Energy 829kJ

Protein 8g **17%**

Total lipid (fat) 5g **8%**

Ash 4g

Carbohydrate, by difference 11%

33g

Fiber, total dietary 8g **33%**

Sugars, total 8g

Glucose (dextrose) 4g

Fructose 3g

Calcium, Ca 148mg **15%**

Iron, Fe 3mg **14%**

Magnesium, Mg 64mg **16%**

Phosphorus, P 300mg **30%**

Potassium, K 906mg **26%**

Sodium, Na 282mg **12%**

Zinc, Zn 2mg

Selenium, Se 32µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 144%

87mg

Niacin 7mg **35%**

Pantothenic acid 1mg **14%**

Vitamin B-6 1mg **31%**

Folate, total 133µg

Folate, food 133µg **33%**

Folate, DFE 133µg

Choline, total 42mg

Betaine 5mg

Vitamin A, RAE 169µg

Carotene, beta 1854µg

Carotene, alpha 72µg

Cryptoxanthin, beta	279µg	
Vitamin A, IU	3398IU	68%
Lycopene	875µg	
Lutein + zeaxanthin	1370µg	
Vitamin E (alpha-tocopherol)	2mg	7%
Vitamin D	9IU	2%
Vitamin K (phylloquinone)	73µg	91%
Dihydrophylloquinone	2µg	
Fatty acids, total saturated	2g	11%
16:0	1g	
18:0	1g	
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Fatty acids, total polyunsaturated	1g	
18:2 undifferentiated	1g	
Phytosterols	7mg	
Stigmasterol	1mg	
Campesterol	2mg	
Aspartic acid	1g	
Glutamic acid	2g	
Proline	1g	