

## Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

**Calories 220**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 5%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 22mg 1%**

**Total Carbohydrates 50g 17%**

Dietary Fiber 8g **34%**

Sugars 30g

**Protein 5g 10%**

Vitamin A 3222IU 64%    Vitamin C 117mg 195%

Calcium 131mg 13%    Iron 1mg 7%

Vitamin E 1mg 2%    Vitamin K 102µg 127%

Thiamin 0mg 17%    Riboflavin 0mg 12%

Vitamin D 0IU 0%    Niacin 2mg 9%

Vitamin B6 0mg 24%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 9%    Folate 88µg 22%

Phosphorus 115mg 11%    Magnesium 73mg 18%

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 413g

Energy 220kcal

Energy 923kJ

Protein 5g **10%**

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

Ash 2g

Carbohydrate, by difference **17%**

50g

Fiber, total dietary 8g **34%**

Sugars, total 30g

Sucrose 9g

Glucose (dextrose) 11g

Fructose 11g

Starch 4g

Calcium, Ca 131mg **13%**

Iron, Fe 1mg **7%**

Magnesium, Mg 73mg **18%**

Phosphorus, P 115mg **11%**

Potassium, K 814mg **23%**

Sodium, Na 22mg **1%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 86µg

Vitamin C, total ascorbic acid **195%**

117mg

Niacin 2mg **9%**

Pantothenic acid 1mg **9%**

Folate, total 88µg

Folate, food 88µg **22%**

Folate, DFE 88µg

Choline, total 31mg

Vitamin A, RAE 160µg

Carotene, beta 1834µg

<b>Carotene, alpha</b>	31µg	
<b>Cryptoxanthin, beta</b>	169µg	
<b>Vitamin A, IU</b>	3222IU	<b>64%</b>
<b>Lutein + zeaxanthin</b>	1964µg	
<b>Vitamin E (alpha-tocopherol)</b>	1mg	<b>2%</b>
<b>Tocopherol, gamma</b>	1mg	
<b>Vitamin K (phylloquinone)</b>	102µg	<b>127%</b>
<b>Fatty acids, total monounsaturated</b>	1g	
<b>18:1 undifferentiated</b>	1g	
<b>Fatty acids, total polyunsaturated</b>	2g	
<b>18:3 undifferentiated</b>	1g	
<b>Phytosterols</b>	44mg	
<b>Stigmasterol</b>	1mg	
<b>Campesterol</b>	2mg	
<b>Beta-sitosterol</b>	5mg	
<b>Glutamic acid</b>	1g	