

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

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