

## Nutrition Facts

Serving Size

Serving Per Recipe About 10

**Amount Per Serving**

**Calories 105**

Calories from Fat 0

% Daily Value\*

**Total Fat 0g 0%**

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 1mg 0%**

**Total Carbohydrates 29g 10%**

Dietary Fiber 5g 20%

Sugars 20g

**Protein 1g 1%**

Vitamin A 88IU 2%      Vitamin C 8mg 13%

Calcium 57mg 6%      Iron 1mg 3%

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

Thiamin 0mg 3%      Riboflavin 0mg 3%

Vitamin D 0IU 0%      Niacin 0mg 1%

Vitamin B6 0mg 4%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 2%      Folate 0µg 0%

Phosphorus 24mg 2%      Magnesium 11mg 3%

Zinc 0mg      Selenium 0µg

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 173g**

**Energy 105kcal**

**Energy 437kJ**

**Protein 1g 1%**

**Ash 1g**

**Carbohydrate, by difference 29g 10%**

**Fiber, total dietary 5g 20%**

**Sugars, total 20g**

**Sucrose 2g**

**Glucose (dextrose) 6g**

**Fructose 12g**

**Calcium, Ca 57mg 6%**

**Iron, Fe 1mg 3%**

**Magnesium, Mg 11mg 3%**

**Phosphorus, P 24mg 2%**

**Potassium, K 195mg 6%**

**Sodium, Na 1mg 0%**

**Manganese, Mn 1mg**

**Fluoride, F 3µg**

**Vitamin C, total ascorbic acid 8mg 13%**

**Choline, total 7mg**

**Vitamin A, RAE 5µg**

**Carotene, beta 38µg**

**Cryptoxanthin, beta 31µg**

**Vitamin A, IU 88IU 2%**

**Lycopene 1µg**

**Lutein + zeaxanthin 45µg**

**Vitamin K (phylloquinone) 3µg 3%**

**Phytosterols 1mg**