

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 188

Calories from Fat 9

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 321mg **13%**

Total Carbohydrates 48g **16%**

Dietary Fiber 7g **29%**

Sugars 33g

Protein 3g **5%**

Vitamin A 10426IU 209% Vitamin C 38mg 63%

Calcium 94mg 9% Iron 1mg 5%

Vitamin E 1mg 4% Vitamin K 17µg 21%

Thiamin 0mg 10% Riboflavin 0mg 6%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 1mg 8% Folate 58µg 14%

Phosphorus 90mg 9% Magnesium 45mg 11%

Zinc 1mg 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 307g

Energy 188kcal

Energy 789kJ

Protein 3g **5%**

Total lipid (fat) 1g **1%**

Ash 2g

Carbohydrate, by difference **16%**

48g

Fiber, total dietary 7g **29%**

Sugars, total 33g

Sucrose 8g

Glucose (dextrose) 11g

Fructose 11g

Starch 1g

Calcium, Ca 94mg **9%**

Iron, Fe 1mg **5%**

Magnesium, Mg 45mg **11%**

Phosphorus, P 90mg **9%**

Potassium, K 692mg **20%**

Sodium, Na 321mg **13%**

Zinc, Zn 1mg

Selenium, Se 1µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid **63%**

38mg

Niacin 2mg **8%**

Pantothenic acid 1mg **8%**

Folate, total 58µg

Folate, food 58µg **14%**

Folate, DFE 58µg

Choline, total 20mg

Vitamin A, RAE 508µg

Carotene, beta 4872µg

Carotene, alpha 2070µg

Cryptoxanthin, beta 397µg
Vitamin A, IU 10426IU **209%**

Lycopene 1µg

Lutein + zeaxanthin 288µg

Vitamin E (alpha-tocopherol) **4%**
1mg

Vitamin K (phylloquinone) 17µg **21%**

Phytosterols 5mg