

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 77

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrates 17g 6%

Dietary Fiber 3g **14%**

Sugars 7g

Protein 3g 6%

Vitamin A 5555IU 111% Vitamin C 269mg 448%

Calcium 76mg 8% Iron 2mg 10%

Vitamin E 1mg 5% Vitamin K 244µg 305%

Thiamin 0mg 7% Riboflavin 0mg 9%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 120µg 30%

Phosphorus 73mg 7% Magnesium 55mg 14%

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 230g

Energy 77kcal

Energy 319kJ

Protein 3g 6%

Total lipid (fat) 1g 1%

Ash 2g

Carbohydrate, by difference 6%

17g

Fiber, total dietary 3g 14%

Sugars, total 7g

Glucose (dextrose) 3g

Fructose 3g

Calcium, Ca 76mg 8%

Iron, Fe 2mg 10%

Magnesium, Mg 55mg 14%

Phosphorus, P 73mg 7%

Potassium, K 645mg 18%

Sodium, Na 65mg 3%

Zinc, Zn 1mg

Selenium, Se 1µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 448%

269mg

Niacin 2mg 9%

Folate, total 120µg

Folate, food 120µg 30%

Folate, DFE 120µg

Choline, total 14mg

Betaine 16mg

Vitamin A, RAE 278µg

Carotene, beta 3234µg

Carotene, alpha 15µg

Cryptoxanthin, beta 183µg

Vitamin A, IU 5555IU 111%

Lutein + zeaxanthin 4544µg
Vitamin E (alpha-tocopherol)

1mg

5%

Vitamin K (phylloquinone)

244µg

305%

Phytosterols 2mg