

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 118

Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 103mg **4%**

Total Carbohydrates 15g **5%**

Dietary Fiber 6g **23%**

Sugars 9g

Protein 6g **13%**

Vitamin A 5613IU 112% Vitamin C 35mg 59%

Calcium 100mg 10% Iron 3mg 19%

Vitamin E 2mg 7% Vitamin K 265µg 331%

Thiamin 0mg 12% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 181µg 45%

Phosphorus 147mg 15% Magnesium 86mg 21%

Zinc 1mg Selenium 3µg

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 275g

Energy 118kcal

Energy 495kJ

Protein 6g **13%**

Total lipid (fat) 5g **8%**

Ash 3g

Carbohydrate, by difference 5%

15g

Fiber, total dietary 6g **23%**

Sugars, total 9g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 100mg **10%**

Iron, Fe 3mg **19%**

Magnesium, Mg 86mg **21%**

Phosphorus, P 147mg **15%**

Potassium, K 864mg **25%**

Sodium, Na 103mg **4%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 59%

35mg

Niacin 2mg **8%**

Pantothenic acid 1mg **6%**

Folate, total 181µg

Folate, food 181µg **45%**

Folate, DFE 181µg

Choline, total 31mg

Betaine 89mg

Vitamin A, RAE 282µg

Carotene, beta 3143µg

Carotene, alpha 116µg

Cryptoxanthin, beta	5µg	
Vitamin A, IU	5613IU	112%
Lycopene	2624µg	
Lutein + zeaxanthin	4940µg	
Vitamin E (alpha-tocopherol)	2mg	7%
Tocopherol, gamma	3mg	
Vitamin K (phylloquinone)	265µg	331%
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Fatty acids, total polyunsaturated	3g	
18:2 undifferentiated	3g	
18:2 n-6 c,c	3g	
Phytosterols	33mg	
Beta-sitosterol	9mg	
Aspartic acid	1g	
Glutamic acid	1g	