

# 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

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