

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 160

Calories from Fat 63

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Total Carbohydrates 22g **7%**

Dietary Fiber 4g **18%**

Sugars 10g

Protein 5g **10%**

Vitamin A 17366IU 347% Vitamin C 114mg 190%

Calcium 48mg 5% Iron 2mg 11%

Vitamin E 3mg 9% Vitamin K 27µg 33%

Thiamin 0mg 14% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 1mg 27% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 59µg 15%

Phosphorus 163mg 16% Magnesium 72mg 18%

Zinc 1mg Selenium 4µg

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 260g

Energy 160kcal

Energy 667kJ

Protein 5g **10%**

Total lipid (fat) 7g **10%**

Ash 2g

Carbohydrate, by difference 7%

22g

Fiber, total dietary 4g **18%**

Sugars, total 10g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 3g

Starch 4g

Calcium, Ca 48mg **5%**

Iron, Fe 2mg **11%**

Magnesium, Mg 72mg **18%**

Phosphorus, P 163mg **16%**

Potassium, K 717mg **20%**

Sodium, Na 130mg **5%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid **190%**

114mg

Niacin 2mg **9%**

Pantothenic acid 1mg **7%**

Vitamin B-6 1mg **27%**

Folate, total 59µg

Folate, food 59µg **15%**

Folate, DFE 59µg

Choline, total 19mg

Vitamin A, RAE 866µg

Carotene, beta 8557µg
Carotene, alpha 3282µg

Cryptoxanthin, beta 369µg

Vitamin A, IU 17366IU **347%**

Lycopene 2028µg

Lutein + zeaxanthin 390µg

Vitamin E (alpha-tocopherol) **9%**

3mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 27µg **33%**

Fatty acids, total saturated 1g **6%**

16:0 1g

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 9mg

Campesterol 1mg

Beta-sitosterol 16mg

Aspartic acid 1g

Glutamic acid 1g