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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%	o	Vitamin C 114mg 190%
Calcium 48mg 5%	o	Iron 2mg 11%
Vitamin E 3mg 9%	o	Vitamin K 27µg 33%
Thiamin 0mg 14%	o	Riboflavin 0mg 8%
Vitamin D 0IU 0%	o	Niacin 2mg 9%
Vitamin B6 1mg 27%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 7%	o	Folate 59µg 15%
Phosphorus 163mg 16%	o	Magnesium 72mg 18%
Zinc 1mg	o	Selenium 4µg
Copper 0mg	o	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 22g	**7%**
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 114mg	**190%**
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) 3mg	**9%**
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	