

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 65**

Calories from Fat 0

% Daily Value\*

**Total Fat 0g** 1%

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 28mg** 1%

**Total Carbohydrates 14g** 5%

Dietary Fiber 4g 14%

Sugars 9g

**Protein 2g** 4%

Vitamin A 2100IU 42%    Vitamin C 65mg 109%

Calcium 33mg 3%    Iron 1mg 3%

Vitamin E 1mg 4%    Vitamin K 9µg 12%

Thiamin 0mg 5%    Riboflavin 0mg 4%

Vitamin D 0IU 0%    Niacin 1mg 6%

Vitamin B6 0mg 13%    Vitamin B12 0µg 0%

Pantothenic acid 0mg 4%    Folate 39µg 10%

Phosphorus 55mg 5%    Magnesium 25mg 6%

Zinc 0mg    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 159g

Energy 65kcal

Energy 219kJ

Protein 2g 4%

Ash 1g

Carbohydrate, by difference 5%  
14g

Fiber, total dietary 4g 14%

Sugars, total 9g

Glucose (dextrose) 3g

Fructose 3g

Calcium, Ca 33mg 3%

Iron, Fe 1mg 3%

Magnesium, Mg 25mg 6%

Phosphorus, P 55mg 5%

Potassium, K 345mg 10%

Sodium, Na 28mg 1%

Selenium, Se 1µg

Fluoride, F 12µg

Vitamin C, total ascorbic acid 109%  
65mg

Niacin 1mg 6%

Folate, total 43µg

Folate, food 39µg 10%

Folate, DFE 39µg

Choline, total 10mg

Vitamin A, RAE 84µg

Carotene, beta 874µg

Carotene, alpha 54µg

Cryptoxanthin, beta 201µg

Vitamin A, IU 2100IU 42%

Lycopene 1158µg

Lutein + zeaxanthin 93µg

Vitamin E (alpha-tocopherol) 4%

1mg  
**Vitamin K (phylloquinone) 9µg 12%**

**Phytosterols 9mg**