

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 78**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 15mg 1%**

**Total Carbohydrates 18g 6%**

Dietary Fiber 5g **21%**

Sugars 10g

**Protein 3g 6%**

Vitamin A 9101IU 182%    Vitamin C 38mg 63%

Calcium 59mg 6%    Iron 2mg 8%

Vitamin E 1mg 3%    Vitamin K 110µg 138%

Thiamin 0mg 9%    Riboflavin 0mg 7%

Vitamin D 0IU 0%    Niacin 1mg 5%

Vitamin B6 0mg 11%    Vitamin B12 0µg 0%

Pantothenic acid 0mg 4%    Folate 157µg 39%

Phosphorus 78mg 8%    Magnesium 37mg 9%

Zinc 1mg    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 296g**

**Energy 78kcal**

**Energy 325kJ**

**Protein 3g 6%**

**Total lipid (fat) 1g 1%**

**Ash 2g**

**Carbohydrate, by difference 6%**

18g

**Fiber, total dietary 5g 21%**

**Sugars, total 10g**

**Glucose (dextrose) 3g**

**Fructose 6g**

**Calcium, Ca 59mg 6%**

**Iron, Fe 2mg 8%**

**Magnesium, Mg 37mg 9%**

**Phosphorus, P 78mg 8%**

**Potassium, K 646mg 18%**

**Sodium, Na 15mg 1%**

**Zinc, Zn 1mg**

**Selenium, Se 1µg**

**Fluoride, F 4µg**

**Vitamin C, total ascorbic acid 63%**

38mg

**Niacin 1mg 5%**

**Folate, total 157µg**

**Folate, food 157µg 39%**

**Folate, DFE 157µg**

**Choline, total 23mg**

**Vitamin A, RAE 456µg**

**Carotene, beta 5392µg**

**Carotene, alpha 107µg**

**Cryptoxanthin, beta 10µg**

**Vitamin A, IU 9101IU 182%**

**Lycopene 2624µg**

**Lutein + zeaxanthin** 2328µg  
**Vitamin E (alpha-tocopherol)**

1mg

**3%**

**Vitamin K (phylloquinone)**

110µg

**138%**

**Phytosterols** 13mg

**Glutamic acid** 1g