

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 2328 μ g
Vitamin E (alpha-tocopherol)

1mg

3%

Vitamin K (phylloquinone)

110 μ g

138%

Phytosterols 13mg

Glutamic acid 1g