

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 104

Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrates 18g **6%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 5g **10%**

Vitamin A 792IU 16% Vitamin C 14mg 24%

Calcium 61mg 6% Iron 2mg 9%

Vitamin E 0mg 1% Vitamin K 37µg 46%

Thiamin 0mg 19% Riboflavin 0mg 11%

Vitamin D 16IU 4% Niacin 1mg 6%

Vitamin B6 0mg 5% Vitamin B12 0µg 6%

Pantothenic acid 1mg 7% Folate 61µg 15%

Phosphorus 140mg 14% Magnesium 52mg 13%

Zinc 1mg Selenium 1µg

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 135g

Energy 104kcal

Energy 436kJ

Protein 5g **10%**

Total lipid (fat) 2g **3%**

Ash 1g

Carbohydrate, by difference 18g **6%**

Fiber, total dietary 3g **12%**

Sugars, total 1g

Calcium, Ca 61mg **6%**

Iron, Fe 2mg **9%**

Magnesium, Mg 52mg **13%**

Phosphorus, P 140mg **14%**

Potassium, K 272mg **8%**

Sodium, Na 50mg **2%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 1µg

Fluoride, F 42µg

Vitamin C, total ascorbic acid **24%**
14mg

Niacin 1mg **6%**

Pantothenic acid 1mg **7%**

Folate, total 61µg

Folate, food 61µg **15%**

Folate, DFE 61µg

Choline, total 7mg

Betaine 9mg

Vitamin A, RAE 36µg

Carotene, beta 427µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 792IU **16%**

Lycopene 387µg

Lutein + zeaxanthin 931µg

Vitamin D 16IU
Vitamin K (phylloquinone) 37µg 46%

Fatty acids, total monounsaturated 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 1mg

Glutamic acid 1g