

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories** 133

Calories from Fat 27

% Daily Value\*

**Total Fat** 3g **5%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 59mg **2%**

**Total Carbohydrates** 23g **8%**

Dietary Fiber 7g **28%**

Sugars 12g

**Protein** 6g **11%**

Vitamin A 4818IU 96%      Vitamin C 112mg 187%

Calcium 113mg 11%      Iron 2mg 13%

Vitamin E 2mg 7%      Vitamin K 314µg 392%

Thiamin 0mg 15%      Riboflavin 0mg 10%

Vitamin D 0IU 0%      Niacin 1mg 7%

Vitamin B6 0mg 15%      Vitamin B12 0µg 0%

Pantothenic acid 1mg 6%      Folate 142µg 35%

Phosphorus 134mg 13%      Magnesium 75mg 19%

Zinc 1mg      Selenium 2µg

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** 208g

**Energy** 133kcal

**Energy** 556kJ

**Protein** 6g **11%**

**Total lipid (fat)** 3g **5%**

**Ash** 2g

**Carbohydrate, by difference** **8%**

23g

**Fiber, total dietary** 7g **28%**

**Sugars, total** 12g

**Sucrose** 2g

**Glucose (dextrose)** 4g

**Fructose** 4g

**Calcium, Ca** 113mg **11%**

**Iron, Fe** 2mg **13%**

**Magnesium, Mg** 75mg **19%**

**Phosphorus, P** 134mg **13%**

**Potassium, K** 756mg **22%**

**Sodium, Na** 59mg **2%**

**Zinc, Zn** 1mg

**Manganese, Mn** 1mg

**Selenium, Se** 2µg

**Fluoride, F** 1µg

**Vitamin C, total ascorbic acid** **187%**

112mg

**Niacin** 1mg **7%**

**Pantothenic acid** 1mg **6%**

**Folate, total** 142µg

**Folate, food** 142µg **35%**

**Folate, DFE** 142µg

**Choline, total** 31mg

**Betaine** 16mg

**Vitamin A, RAE** 241µg

**Carotene, beta** 2879µg

**Carotene, alpha** 17µg  
**Cryptoxanthin, beta** 6µg

**Vitamin A, IU** 4818IU **96%**

**Lutein + zeaxanthin** 5642µg

**Vitamin E (alpha-tocopherol)** **7%**  
2mg

**Tocopherol, gamma** 2mg

**Vitamin K (phylloquinone)** **392%**  
314µg

**Fatty acids, total  
monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total  
polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 11mg

**Campesterol** 1mg

**Beta-sitosterol** 10mg

**Glutamic acid** 1g