

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