

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 104

Calories from Fat 36

% Daily Value\*

**Total Fat** 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

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

**Sodium** 94mg **4%**

**Total Carbohydrates** 15g **5%**

Dietary Fiber 6g **24%**

Sugars 7g

**Protein** 6g **12%**

Vitamin A 6305IU 126%    Vitamin C 49mg 81%

Calcium 139mg 14%    Iron 4mg 20%

Vitamin E 2mg 8%    Vitamin K 381µg 476%

Thiamin 0mg 15%    Riboflavin 0mg 15%

Vitamin D 0IU 0%    Niacin 2mg 10%

Vitamin B6 0mg 16%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 6%    Folate 171µg 43%

Phosphorus 137mg 14%    Magnesium 81mg 20%

Zinc 1mg    Selenium 3µg

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 314g

Energy 104kcal

Energy 438kJ

Protein 6g **12%**

Total lipid (fat) 4g **6%**

Ash 3g

Carbohydrate, by difference 5%

15g

Fiber, total dietary 6g **24%**

Sugars, total 7g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 139mg **14%**

Iron, Fe 4mg **20%**

Magnesium, Mg 81mg **20%**

Phosphorus, P 137mg **14%**

Potassium, K 905mg **26%**

Sodium, Na 94mg **4%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 81%

49mg

Niacin 2mg **10%**

Pantothenic acid 1mg **6%**

Folate, total 171µg

Folate, food 171µg **43%**

Folate, DFE 171µg

Choline, total 34mg

Betaine 16mg

Vitamin A, RAE 316µg

Carotene, beta 3561µg

Carotene, alpha 118µg

<b>Cryptoxanthin, beta</b>	6µg	
<b>Vitamin A, IU</b>	6305IU	<b>126%</b>
<b>Lycopene</b>	2624µg	
<b>Lutein + zeaxanthin</b>	5661µg	
<b>Vitamin E (alpha-tocopherol)</b>	2mg	<b>8%</b>
<b>Tocopherol, gamma</b>	1mg	
<b>Vitamin K (phylloquinone)</b>	381µg	<b>476%</b>
<b>Fatty acids, total monounsaturated</b>	1g	
<b>18:1 undifferentiated</b>	1g	
<b>Fatty acids, total polyunsaturated</b>	3g	
<b>18:2 undifferentiated</b>	2g	
<b>18:3 undifferentiated</b>	1g	
<b>Phytosterols</b>	23mg	
<b>Beta-sitosterol</b>	5mg	
<b>Aspartic acid</b>	1g	
<b>Glutamic acid</b>	1g	