

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 93

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 86mg 4%

Total Carbohydrates 20g 7%

Dietary Fiber 4g 17%

Sugars 6g

Protein 4g 8%

Vitamin A 6270IU 125% Vitamin C 22mg 37%

Calcium 61mg 6% Iron 1mg 8%

Vitamin E 1mg 3% Vitamin K 28µg 35%

Thiamin 0mg 10% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 13% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 40µg 10%

Phosphorus 79mg 8% Magnesium 36mg 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 144g

Energy 93kcal

Energy 338kJ

Protein 4g 8%

Total lipid (fat) 1g 1%

Ash 1g

Carbohydrate, by difference 7%

20g

Fiber, total dietary 4g 17%

Sugars, total 6g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 61mg 6%

Iron, Fe 1mg 8%

Magnesium, Mg 36mg 9%

Phosphorus, P 79mg 8%

Potassium, K 506mg 14%

Sodium, Na 86mg 4%

Zinc, Zn 1mg

Selenium, Se 1µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 37%

22mg

Niacin 1mg 6%

Folate, total 44µg

Folate, food 40µg 10%

Folate, DFE 40µg

Choline, total 12mg

Vitamin A, RAE 291µg

Carotene, beta 2908µg

Carotene, alpha 1166µg

Vitamin A, IU 6270IU 125%

Lycopene 1158µg

Lutein + zeaxanthin 478µg
Vitamin E (alpha-tocopherol)

1mg **3%**

Vitamin K (phylloquinone) 28µg **35%**

Phytosterols 6mg