

Nutrition Facts

Serving Size

Serving Per Recipe About 4

Amount Per Serving

Calories 125

Calories from Fat 9

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 401mg **17%**

Total Carbohydrates 26g **9%**

Dietary Fiber 5g **21%**

Sugars 14g

Protein 4g **9%**

Vitamin A 4622IU 92% Vitamin C 60mg 100%

Calcium 97mg 10% Iron 2mg 10%

Vitamin E 3mg 10% Vitamin K 33µg 41%

Thiamin 0mg 14% Riboflavin 0mg 11%

Vitamin D 6IU 2% Niacin 3mg 15%

Vitamin B6 1mg 26% Vitamin B12 0µg 3%

Pantothenic acid 0mg 5% Folate 68µg 17%

Phosphorus 110mg 11% Magnesium 56mg 14%

Zinc 1mg Selenium 4µg

Copper 1mg 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 363g

Energy 125kcal

Energy 522kJ

Protein 4g **9%**

Total lipid (fat) 1g **2%**

Ash 4g

Carbohydrate, by difference **9%**

26g

Fiber, total dietary 5g **21%**

Sugars, total 14g

Glucose (dextrose) 3g

Fructose 3g

Calcium, Ca 97mg **10%**

Iron, Fe 2mg **10%**

Magnesium, Mg 56mg **14%**

Phosphorus, P 110mg **11%**

Potassium, K 1015mg **29%**

Sodium, Na 401mg **17%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid **100%**

60mg

Niacin 3mg **15%**

Vitamin B-6 1mg **26%**

Folate, total 68µg

Folic acid 1µg

Folate, food 68µg **17%**

Folate, DFE 68µg

Choline, total 30mg

Vitamin A, RAE 239µg

Retinol 9µg

Carotene, beta 2438µg

Carotene, alpha 604µg

Cryptoxanthin, beta 30µg

Vitamin A, IU 4622IU **92%**

Lycopene 25397µg

Lutein + zeaxanthin 485µg

Vitamin E (alpha-tocopherol) **10%**
3mg

Vitamin D 6IU **2%**

Vitamin K (phylloquinone) 33µg **41%**

Fatty acids, total
polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 16mg

Glutamic acid 1g