

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 116

Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 107mg **4%**

Total Carbohydrates 14g **5%**

Dietary Fiber 4g **17%**

Sugars 6g

Protein 8g **16%**

Vitamin A 1912IU 38% Vitamin C 18mg 31%

Calcium 68mg 7% Iron 2mg 11%

Vitamin E 3mg 8% Vitamin K 79µg 99%

Thiamin 0mg 20% Riboflavin 1mg 45%

Vitamin D 10IU 2% Niacin 7mg 33%

Vitamin B6 0mg 17% Vitamin B12 0µg 1%

Pantothenic acid 3mg 25% Folate 125µg 31%

Phosphorus 215mg 21% Magnesium 58mg 15%

Zinc 2mg Selenium 14µg

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 252g

Energy 116kcal

Energy 485kJ

Protein 8g **16%**

Adjusted Protein 3g

Total lipid (fat) 5g **8%**

Ash 2g

Carbohydrate, by difference 14g **5%**

Fiber, total dietary 4g **17%**

Sugars, total 6g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 1g

Calcium, Ca 68mg **7%**

Iron, Fe 2mg **11%**

Magnesium, Mg 58mg **15%**

Phosphorus, P 215mg **21%**

Potassium, K 796mg **23%**

Sodium, Na 107mg **4%**

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 14µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 18mg **31%**

Riboflavin 1mg **45%**

Niacin 7mg **33%**

Pantothenic acid 3mg **25%**

Folate, total 125µg

Folate, food 125µg **31%**

Folate, DFE 125µg

Choline, total 39mg

Betaine 28mg

Vitamin A, RAE 92µg
Carotene, beta 1076µg

Carotene, alpha 52µg

Vitamin A, IU 1912IU **38%**

Lycopene 1312µg

Lutein + zeaxanthin 1897µg

Vitamin E (alpha-tocopherol) 3mg **8%**

Vitamin D 10IU **2%**

Vitamin K (phylloquinone) 79µg **99%**

Dihydrophyloquinone 1µg

**Fatty acids, total
monounsaturated** 3g

18:1 undifferentiated 3g

**Fatty acids, total
polyunsaturated** 1g

18:2 undifferentiated 1g

Phytosterols 19mg

Campesterol 3mg

Beta-sitosterol 10mg

Aspartic acid 1g

Glutamic acid 1g