

# 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%**

**Dihydrophylloquinone** 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