

# Nutrition Facts

Serving Size

Serving Per Recipe About 2

**Amount Per Serving**

**Calories 158**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 5%**

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 18mg 1%**

**Total Carbohydrates 34g 11%**

Dietary Fiber 7g 29%

Sugars 20g

**Protein 4g 7%**

Vitamin A 2476IU 50%    Vitamin C 131mg 218%

Calcium 85mg 9%    Iron 1mg 8%

Vitamin E 1mg 3%    Vitamin K 173µg 217%

Thiamin 0mg 12%    Riboflavin 0mg 7%

Vitamin D 0IU 0%    Niacin 1mg 6%

Vitamin B6 0mg 15%    Vitamin B12 0µg 0%

Pantothenic acid 0mg 4%    Folate 83µg 21%

Phosphorus 110mg 11%    Magnesium 65mg 16%

Zinc 1mg    Selenium 2µg

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 389g**

**Energy 158kcal**

**Energy 664kJ**

**Protein 4g 7%**

**Total lipid (fat) 3g 5%**

**Ash 2g**

**Carbohydrate, by difference 11%**

34g

**Fiber, total dietary 7g 29%**

**Sugars, total 20g**

**Sucrose 2g**

**Glucose (dextrose) 7g**

**Fructose 10g**

**Starch 2g**

**Calcium, Ca 85mg 9%**

**Iron, Fe 1mg 8%**

**Magnesium, Mg 65mg 16%**

**Phosphorus, P 110mg 11%**

**Potassium, K 596mg 17%**

**Sodium, Na 18mg 1%**

**Zinc, Zn 1mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 2µg**

**Fluoride, F 92µg**

**Vitamin C, total ascorbic acid 218%**

131mg  
**Niacin 1mg 6%**

**Folate, total 83µg**

**Folate, food 83µg 21%**

**Folate, DFE 83µg**

**Choline, total 20mg**

**Betaine 1mg**

**Vitamin A, RAE 124µg**

**Carotene, beta** 1461µg

**Carotene, alpha** 20µg

**Cryptoxanthin, beta** 30µg

**Vitamin A, IU** 2476IU **50%**

**Lutein + zeaxanthin** 2061µg

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

1mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **217%**

173µg

**Fatty acids, total**

**polyunsaturated** 2g

**18:2 undifferentiated** 1g

**18:3 undifferentiated** 1g

**Phytosterols** 23mg

**Stigmasterol** 1mg

**Campesterol** 2mg

**Beta-sitosterol** 5mg