

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 211

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 30mg 1%

Total Carbohydrates 47g 16%

Dietary Fiber 9g **35%**

Sugars 30g

Protein 4g 8%

Vitamin A 3861IU 77% Vitamin C 74mg 124%

Calcium 71mg 7% Iron 2mg 12%

Vitamin E 2mg 6% Vitamin K 153µg 191%

Thiamin 0mg 12% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 22% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 125µg 31%

Phosphorus 92mg 9% Magnesium 80mg 20%

Zinc 1mg Selenium 3µg

Copper 0mg 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 301g

Energy 211kcal

Energy 879kJ

Protein 4g 8%

Total lipid (fat) 3g 5%

Ash 2g

Carbohydrate, by difference 16%

47g

Fiber, total dietary 9g 35%

Sugars, total 30g

Sucrose 9g

Glucose (dextrose) 8g

Fructose 13g

Starch 3g

Calcium, Ca 71mg 7%

Iron, Fe 2mg 12%

Magnesium, Mg 80mg 20%

Phosphorus, P 92mg 9%

Potassium, K 769mg 22%

Sodium, Na 30mg 1%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 17µg

Vitamin C, total ascorbic acid 124%

74mg

Niacin 2mg 9%

Pantothenic acid 1mg 6%

Folate, total 125µg

Folate, food 125µg 31%

Folate, DFE 123µg

Choline, total 29mg

Betaine 31mg

Vitamin A, RAE 193µg

Carotene, beta 2301µg

Carotene, alpha 22µg

Cryptoxanthin, beta 10µg

Vitamin A, IU 3861IU **77%**

Lycopene 2µg

Lutein + zeaxanthin 3797µg

Vitamin E (alpha-tocopherol) **6%**
2mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **191%**
153µg

Fatty acids, total monounsaturated 1g

Fatty acids, total polyunsaturated 2g

18:3 undifferentiated 1g

Phytosterols 12mg

Stigmasterol 1mg

Campesterol 2mg

Beta-sitosterol 5mg

Glutamic acid 1g