

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 46**

Calories from Fat 0

% Daily Value\*

**Total Fat 0g 1%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 283mg 12%**

**Total Carbohydrates 10g 3%**

Dietary Fiber 3g **10%**

Sugars 7g

**Protein 2g 3%**

Vitamin A 2693IU 54%    Vitamin C 76mg 127%

Calcium 27mg 3%    Iron 1mg 4%

Vitamin E 1mg 5%    Vitamin K 13µg 16%

Thiamin 0mg 5%    Riboflavin 0mg 5%

Vitamin D 0IU 0%    Niacin 1mg 7%

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

Pantothenic acid 0mg 3%    Folate 44µg 11%

Phosphorus 48mg 5%    Magnesium 25mg 6%

Zinc 0mg    Selenium 1µg

Copper 0mg    Manganese 0mg

\* 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 198g**

**Energy 46kcal**

**Energy 193kJ**

**Protein 2g 3%**

**Ash 2g**

**Carbohydrate, by difference 3%**

10g

**Fiber, total dietary 3g 10%**

**Sugars, total 7g**

**Glucose (dextrose) 2g**

**Fructose 2g**

**Calcium, Ca 27mg 3%**

**Iron, Fe 1mg 4%**

**Magnesium, Mg 25mg 6%**

**Phosphorus, P 48mg 5%**

**Potassium, K 429mg 12%**

**Sodium, Na 283mg 12%**

**Selenium, Se 1µg**

**Fluoride, F 1µg**

**Vitamin C, total ascorbic acid 127%**

76mg

**Niacin 1mg 7%**

**Folate, total 44µg**

**Folate, food 44µg 11%**

**Folate, DFE 44µg**

**Choline, total 15mg**

**Betaine 1mg**

**Vitamin A, RAE 135µg**

**Carotene, beta 1426µg**

**Carotene, alpha 183µg**

**Cryptoxanthin, beta 198µg**

**Vitamin A, IU 2693IU 54%**

**Lycopene 8541µg**

**Lutein + zeaxanthin 182µg**

**Vitamin E (alpha-tocopherol) 5%**

1mg

**Vitamin K (phylloquinone) 13µg 16%**

**Phytosterols 3mg**