

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 10g 3%

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 76mg 127%

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