

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 326

Calories from Fat 18

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrates 81g 27%

Dietary Fiber 13g 50%

Sugars 57g

Protein 5g 9%

Vitamin A 715IU 14% Vitamin C 137mg 228%

Calcium 118mg 12% Iron 2mg 11%

Vitamin E 1mg 4% Vitamin K 18µg 23%

Thiamin 0mg 14% Riboflavin 0mg 15%

Vitamin D 0IU 0% Niacin 2mg 12%

Vitamin B6 0mg 23% Vitamin B12 0µg 0%

Pantothenic acid 1mg 9% Folate 90µg 22%

Phosphorus 109mg 11% Magnesium 68mg 17%

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 433g

Energy 326kcal

Energy 1365kJ

Protein 5g 9%

Total lipid (fat) 2g 3%

Ash 3g

Carbohydrate, by difference 27%

81g

Fiber, total dietary 13g 50%

Sugars, total 57g

Sucrose 8g

Glucose (dextrose) 8g

Fructose 8g

Starch 3g

Calcium, Ca 118mg 12%

Iron, Fe 2mg 11%

Magnesium, Mg 68mg 17%

Phosphorus, P 109mg 11%

Potassium, K 916mg 26%

Sodium, Na 7mg 0%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 228%

137mg

Niacin 2mg 12%

Pantothenic acid 1mg 9%

Folate, total 90µg

Folate, food 90µg 22%

Folate, DFE 89µg

Choline, total 35mg

Vitamin A, RAE 34µg

Carotene, beta 335µg

Carotene, alpha 25µg
Cryptoxanthin, beta 162µg

Vitamin A, IU 715IU **14%**

Lutein + zeaxanthin 385µg

Vitamin E (alpha-tocopherol) 4%
1mg

Vitamin K (phylloquinone) 18µg **23%**

**Fatty acids, total
polyunsaturated** 1g

18:3 undifferentiated 1g

Phytosterols 43mg

Glutamic acid 1g