

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories** 190

Calories from Fat 9

% Daily Value\*

**Total Fat** 1g **2%**

Saturated Fat 0g **1%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 465mg **19%**

**Total Carbohydrates** 44g **15%**

Dietary Fiber 9g **35%**

Sugars 20g

**Protein** 5g **9%**

Vitamin A 4726IU 95%      Vitamin C 68mg 113%

Calcium 134mg 13%      Iron 39mg 218%

Vitamin E 3mg 11%      Vitamin K 230µg 288%

Thiamin 0mg 14%      Riboflavin 0mg 19%

Vitamin D 1IU 0%      Niacin 3mg 14%

Vitamin B6 0mg 16%      Vitamin B12 0µg 0%

Pantothenic acid 1mg 15%      Folate 146µg 36%

Phosphorus 167mg 17%      Magnesium 72mg 18%

Zinc 1mg      Selenium 11µg

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** 399g

**Energy** 190kcal

**Energy** 641kJ

**Protein** 5g **9%**

**Total lipid (fat)** 1g **2%**

**Ash** 4g

**Carbohydrate, by difference** **15%**

44g

**Fiber, total dietary** 9g **35%**

**Sugars, total** 20g

**Sucrose** 1g

**Glucose (dextrose)** 1g

**Fructose** 2g

**Calcium, Ca** 134mg **13%**

**Iron, Fe** 39mg **218%**

**Magnesium, Mg** 72mg **18%**

**Phosphorus, P** 167mg **17%**

**Potassium, K** 1104mg **32%**

**Sodium, Na** 465mg **19%**

**Zinc, Zn** 1mg

**Manganese, Mn** 1mg

**Selenium, Se** 11µg

**Vitamin C, total ascorbic acid** **113%**

68mg

**Niacin** 3mg **14%**

**Pantothenic acid** 1mg **15%**

**Folate, total** 146µg

**Folate, food** 146µg **36%**

**Folate, DFE** 146µg

**Choline, total** 18mg

**Betaine** 19mg

**Vitamin A, RAE** 217µg

**Carotene, beta** 2555µg

**Carotene, alpha** 15µg

<b>Cryptoxanthin, beta</b>	96µg	
<b>Vitamin A, IU</b>	4726IU	<b>95%</b>
<b>Lutein + zeaxanthin</b>	2226µg	
<b>Vitamin E (alpha-tocopherol)</b>		<b>11%</b>
	3mg	
<b>Vitamin D</b>	1IU	<b>0%</b>
<b>Vitamin K (phylloquinone)</b>		<b>288%</b>
	230µg	
<b>Phytosterols</b>	8mg	
<b>Stigmasterol</b>	1mg	
<b>Campesterol</b>	1mg	
<b>Beta-sitosterol</b>	1mg	