

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 49

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 66mg 3%

Total Carbohydrates 11g 4%

Dietary Fiber 1g 5%

Sugars 9g

Protein 1g 1%

Vitamin A 74IU 1% Vitamin C 3mg 5%

Calcium 15mg 2% Iron 0mg 1%

Vitamin E 0mg 0% Vitamin K 5µg 7%

Thiamin 0mg 1% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 1%

Vitamin B6 0mg 3% Vitamin B12 0µg 0%

Pantothenic acid 0mg 2% Folate 9µg 2%

Phosphorus 17mg 2% Magnesium 11mg 3%

Zinc 0mg Selenium 0µg

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 37g

Energy 49kcal

Energy 205kJ

Protein 1g 1%

Total lipid (fat) 1g 1%

Ash 1g

Carbohydrate, by difference 11g 4%

Fiber, total dietary 1g 5%

Sugars, total 9g

Glucose (dextrose) 5g

Fructose 4g

Calcium, Ca 15mg 2%

Magnesium, Mg 11mg 3%

Phosphorus, P 17mg 2%

Potassium, K 144mg 4%

Sodium, Na 66mg 3%

Fluoride, F 6µg

Vitamin C, total ascorbic acid 3mg 5%

Folate, total 9µg

Folate, food 9µg 2%

Folate, DFE 9µg

Choline, total 3mg

Vitamin A, RAE 4µg

Carotene, beta 41µg

Carotene, alpha 2µg

Cryptoxanthin, beta 5µg

Vitamin A, IU 74IU 1%

Lutein + zeaxanthin 57µg

Vitamin K (phylloquinone) 5µg 7%

Beta-sitosterol 4mg