

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 95**

Calories from Fat 0

% Daily Value\*

**Total Fat 0g** 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol 0mg** 0%

**Sodium 396mg** 17%

**Total Carbohydrates 21g** 7%

Dietary Fiber 5g 22%

Sugars 11g

**Protein 3g** 7%

Vitamin A 12566IU 251%    Vitamin C 16mg 26%

Calcium 64mg 6%    Iron 1mg 8%

Vitamin E 1mg 3%    Vitamin K 99µg 123%

Thiamin 0mg 10%    Riboflavin 0mg 11%

Vitamin D 0IU 0%    Niacin 1mg 5%

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

Pantothenic acid 0mg 4%    Folate 124µg 31%

Phosphorus 99mg 10%    Magnesium 56mg 14%

Zinc 1mg    Selenium 2µg

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 261g

Energy 95kcal

Energy 397kJ

Protein 3g 7%

Ash 3g

Carbohydrate, by difference 21g 7%

Fiber, total dietary 5g 22%

Sugars, total 11g

Glucose (dextrose) 1g

Calcium, Ca 64mg 6%

Iron, Fe 1mg 8%

Magnesium, Mg 56mg 14%

Phosphorus, P 99mg 10%

Potassium, K 720mg 21%

Sodium, Na 396mg 17%

Zinc, Zn 1mg

Selenium, Se 2µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 16mg 26%

Niacin 1mg 5%

Folate, total 123µg

Folate, food 124µg 31%

Folate, DFE 124µg

Choline, total 14mg

Betaine 131mg

Vitamin A, RAE 622µg

Carotene, beta 6170µg

Carotene, alpha 2574µg

Cryptoxanthin, beta 16µg

Vitamin A, IU 12566IU 251%

Lycopene 1µg

Lutein + zeaxanthin 4392µg

**Vitamin E (alpha-tocopherol) 3%**

1mg

**Vitamin K (phylloquinone) 99µg 123%**

**Phytosterols 30mg**

**Glutamic acid 1g**