

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 112**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 7%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 375mg 16%**

**Total Carbohydrates 17g 6%**

Dietary Fiber 4g 15%

Sugars 6g

**Protein 4g 9%**

Vitamin A 253IU 5%      Vitamin C 56mg 94%

Calcium 48mg 5%      Iron 1mg 6%

Vitamin E 0mg 0%      Vitamin K 17µg 21%

Thiamin 0mg 8%      Riboflavin 0mg 6%

Vitamin D 0IU 0%      Niacin 1mg 4%

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

Pantothenic acid 1mg 9%      Folate 80µg 20%

Phosphorus 108mg 11%      Magnesium 45mg 11%

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 279g**

**Energy 112kcal**

**Energy 469kJ**

**Protein 4g 9%**

**Total lipid (fat) 4g 7%**

**Ash 2g**

**Carbohydrate, by difference 17g 6%**

**Fiber, total dietary 4g 15%**

**Sugars, total 6g**

**Sucrose 1g**

**Glucose (dextrose) 2g**

**Fructose 2g**

**Calcium, Ca 48mg 5%**

**Iron, Fe 1mg 6%**

**Magnesium, Mg 45mg 11%**

**Phosphorus, P 108mg 11%**

**Potassium, K 478mg 14%**

**Sodium, Na 375mg 16%**

**Zinc, Zn 1mg**

**Selenium, Se 2µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 56mg 94%**

**Niacin 1mg 4%**

**Pantothenic acid 1mg 9%**

**Folate, total 80µg**

**Folate, food 80µg 20%**

**Folate, DFE 80µg**

**Choline, total 51mg**

**Carotene, beta 1µg**

**Vitamin A, IU 253IU 5%**

**Lutein + zeaxanthin 5µg**

**Vitamin K (phylloquinone) 17µg 21%**

**Fatty acids, total saturated 1g 5%**

**Fatty acids, total  
monounsaturated** 2g  
**18:1 undifferentiated** 2g  
**Fatty acids, total  
polyunsaturated** 1g  
**18:2 undifferentiated** 1g  
**Phytosterols** 31mg  
**Glutamic acid** 1g