

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 130

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 318mg 13%

Total Carbohydrates 26g 9%

Dietary Fiber 9g **36%**

Sugars 7g

Protein 7g 14%

Vitamin A 1998IU 40% Vitamin C 8mg 13%

Calcium 57mg 6% Iron 2mg 11%

Vitamin E 0mg 1% Vitamin K 115µg 144%

Thiamin 0mg 16% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 8% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 102µg 25%

Phosphorus 117mg 12% Magnesium 41mg 10%

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 223g

Energy 130kcal

Energy 545kJ

Protein 7g 14%

Total lipid (fat) 1g 1%

Ash 2g

Carbohydrate, by difference 9%

26g

Fiber, total dietary 9g 36%

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 2g

Calcium, Ca 57mg 6%

Iron, Fe 2mg 11%

Magnesium, Mg 41mg 10%

Phosphorus, P 117mg 12%

Potassium, K 505mg 14%

Sodium, Na 318mg 13%

Zinc, Zn 1mg

Selenium, Se 2µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 13%

8mg

Niacin 1mg 6%

Pantothenic acid 1mg 6%

Folate, total 101µg

Folate, food 102µg 25%

Folate, DFE 102µg

Choline, total 29mg

Betaine 8mg

Vitamin A, RAE 87µg

Carotene, beta 1021µg

Carotene, alpha 9µg

Cryptoxanthin, beta	15µg	
Vitamin A, IU	1998IU	40%
Lutein + zeaxanthin	4156µg	
Tocopherol, gamma	1mg	
Vitamin K (phylloquinone)	115µg	144%
Phytosterols	39mg	
Lysine	1g	
Arginine	1g	
Aspartic acid	1g	
Glutamic acid	1g	