

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 62

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 94mg 4%

Total Carbohydrates 13g 4%

Dietary Fiber 6g 24%

Sugars 0g

Protein 3g 6%

Vitamin A 4145IU 83% Vitamin C 12mg 21%

Calcium 92mg 9% Iron 2mg 9%

Vitamin E 1mg 4% Vitamin K 269µg 336%

Thiamin 0mg 11% Riboflavin 0mg 19%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 5µg 1%

Phosphorus 96mg 10% Magnesium 69mg 17%

Zinc 0mg Selenium 3µg

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 80g

Energy 62kcal

Energy 258kJ

Protein 3g 6%

Total lipid (fat) 1g 1%

Ash 2g

Carbohydrate, by difference 4%

13g

Fiber, total dietary 6g 24%

Calcium, Ca 92mg 9%

Iron, Fe 2mg 9%

Magnesium, Mg 69mg 17%

Phosphorus, P 96mg 10%

Potassium, K 551mg 16%

Sodium, Na 94mg 4%

Selenium, Se 3µg

Vitamin C, total ascorbic acid 21%

12mg

Niacin 1mg 7%

Folate, total 4µg

Folate, food 5µg 1%

Folate, DFE 5µg

Choline, total 5mg

Vitamin A, RAE 207µg

Carotene, beta 2361µg

Carotene, alpha 98µg

Cryptoxanthin, beta 154µg

Vitamin A, IU 4145IU 83%

Lycopene 1µg

Lutein + zeaxanthin 12550µg

Vitamin E (alpha-tocopherol) 4%

1mg

Vitamin K (phylloquinone) 336%

269µg

Phytosterols 4mg