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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 79	Calories from Fat 9
	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 429mg	**18%**
Total Carbohydrates 17g	**6%**
Dietary Fiber 4g	**17%**
Sugars 8g	
Protein 4g	**8%**

Vitamin A 10687IU 214%	o	Vitamin C 86mg 144%
Calcium 121mg 12%	o	Iron 3mg 18%
Vitamin E 3mg 11%	o	Vitamin K 1411µg 1764%
Thiamin 0mg 9%	o	Riboflavin 0mg 11%
Vitamin D 0IU 0%	o	Niacin 1mg 5%
Vitamin B6 0mg 15%	o	Vitamin B12 0µg 0%
Pantothenic acid 0mg 5%	o	Folate 47µg 12%
Phosphorus 105mg 10%	o	Magnesium 148mg 37%
Zinc 1mg	o	Selenium 2µg
Copper 0mg	o	Manganese 1mg

* 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 229g	
Energy 79kcal	
Energy 328kJ	
Protein 4g	**8%**
Total lipid (fat) 1g	**1%**
Ash 4g	
Carbohydrate, by difference 17g	**6%**
Fiber, total dietary 4g	**17%**
Sugars, total 8g	
Sucrose 2g	
Glucose (dextrose) 1g	
Fructose 1g	
Calcium, Ca 121mg	**12%**
Iron, Fe 3mg	**18%**
Magnesium, Mg 148mg	**37%**
Phosphorus, P 105mg	**10%**
Potassium, K 802mg	**23%**
Sodium, Na 429mg	**18%**
Zinc, Zn 1mg	
Manganese, Mn 1mg	
Selenium, Se 2µg	
Vitamin C, total ascorbic acid 86mg	**144%**
Niacin 1mg	**5%**
Folate, total 47µg	
Folate, food 47µg	**12%**
Folate, DFE 47µg	
Choline, total 37mg	
Betaine 1mg	
Vitamin A, RAE 535µg	
Carotene, beta 6323µg	
Carotene, alpha 80µg	
Cryptoxanthin, beta 97µg	

Vitamin A, IU 10687IU **Lutein + zeaxanthin** 18822µg	**214%**
Vitamin E (alpha-tocopherol) 3mg	**11%**
Vitamin K (phylloquinone) 1411µg	**1764%**
Phytosterols 13mg	