

## 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%    Vitamin C 86mg 144%

Calcium 121mg 12%    Iron 3mg 18%

Vitamin E 3mg 11%    Vitamin K 1411µg 1764%

Thiamin 0mg 9%    Riboflavin 0mg 11%

Vitamin D 0IU 0%    Niacin 1mg 5%

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

Pantothenic acid 0mg 5%    Folate 47µg 12%

Phosphorus 105mg 10%    Magnesium 148mg 37%

Zinc 1mg    Selenium 2µg

Copper 0mg    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 6%**

17g

**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 144%**  
86mg

**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**

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