

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 149

Calories from Fat 45

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 73mg **3%**

Total Carbohydrates 25g **8%**

Dietary Fiber 5g **20%**

Sugars 15g

Protein 6g **12%**

Vitamin A 8834IU 177% Vitamin C 115mg 192%

Calcium 151mg 15% Iron 2mg 9%

Vitamin E 2mg 7% Vitamin K 600µg 750%

Thiamin 0mg 8% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 12%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 130µg 32%

Phosphorus 125mg 12% Magnesium 67mg 17%

Zinc 1mg Selenium 5µg

Copper 1mg 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 95g

Energy 149kcal

Energy 625kJ

Protein 6g **12%**

Total lipid (fat) 5g **7%**

Ash 2g

Carbohydrate, by difference 8%

25g

Fiber, total dietary 5g **20%**

Sugars, total 15g

Glucose (dextrose) 7g

Fructose 6g

Calcium, Ca 151mg **15%**

Iron, Fe 2mg **9%**

Magnesium, Mg 67mg **17%**

Phosphorus, P 125mg **12%**

Potassium, K 628mg **18%**

Sodium, Na 73mg **3%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 5µg

Fluoride, F 6µg

Vitamin C, total ascorbic acid **192%**
115mg

Niacin 2mg **12%**

Folate, total 130µg

Folate, food 130µg **32%**

Folate, DFE 130µg

Choline, total 9mg

Vitamin A, RAE 442µg

Carotene, beta 5218µg

Carotene, alpha 48µg

Cryptoxanthin, beta 118µg

Vitamin A, IU 8834IU	177%
Lutein + zeaxanthin 6985µg	
Vitamin E (alpha-tocopherol)	7%
2mg	
Tocopherol, gamma 1mg	
Vitamin K (phylloquinone)	750%
600µg	
Fatty acids, total saturated 1g	4%
Fatty acids, total monounsaturated 2g	
18:1 undifferentiated 2g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Glutamic acid 1g	