

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 148

Calories from Fat 45

% Daily Value*

Total Fat 5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 368mg **15%**

Total Carbohydrates 26g **9%**

Dietary Fiber 3g **11%**

Sugars 16g

Protein 4g **8%**

Vitamin A 5362IU 107% Vitamin C 8mg 14%

Calcium 82mg 8% Iron 1mg 8%

Vitamin E 1mg 3% Vitamin K 5µg 6%

Thiamin 0mg 9% Riboflavin 0mg 10%

Vitamin D 15IU 4% Niacin 1mg 5%

Vitamin B6 0mg 10% Vitamin B12 0µg 6%

Pantothenic acid 0mg 5% Folate 22µg 6%

Phosphorus 99mg 10% Magnesium 48mg 12%

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 255g

Energy 148kcal

Energy 618kJ

Protein 4g **8%**

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

Ash 2g

Carbohydrate, by difference 9%

26g

Fiber, total dietary 3g **11%**

Sugars, total 16g

Glucose (dextrose) 6g

Fructose 6g

Calcium, Ca 82mg **8%**

Iron, Fe 1mg **8%**

Magnesium, Mg 48mg **12%**

Phosphorus, P 99mg **10%**

Potassium, K 459mg **13%**

Sodium, Na 368mg **15%**

Zinc, Zn 1mg

Selenium, Se 2µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 14%

8mg

Niacin 1mg **5%**

Folate, total 22µg

Folate, food 22µg **6%**

Folate, DFE 22µg

Choline, total 9mg

Vitamin A, RAE 249µg

Carotene, beta 1823µg

Carotene, alpha 2329µg

Vitamin A, IU 5362IU **107%**

Lutein + zeaxanthin 884µg

Vitamin E (alpha-tocopherol) **3%**

Vitamin D 15IU	4%
Vitamin K (phylloquinone) 5µg	6%
Fatty acids, total saturated 1g	5%
Fatty acids, total monounsaturated 3g	
18:1 undifferentiated 2g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Phytosterols 10mg	
Glutamic acid 1g	