

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 84

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 195mg 8%

Total Carbohydrates 9g 3%

Dietary Fiber 3g **13%**

Sugars 3g

Protein 8g 16%

Vitamin A 5262IU 105% Vitamin C 46mg 76%

Calcium 198mg 20% Iron 3mg 16%

Vitamin E 1mg 5% Vitamin K 261µg 326%

Thiamin 0mg 12% Riboflavin 0mg 14%

Vitamin D 1IU 0% Niacin 2mg 8%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 1mg 5% Folate 154µg 38%

Phosphorus 144mg 14% Magnesium 72mg 18%

Zinc 1mg Selenium 9µg

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 178g

Energy 84kcal

Energy 354kJ

Protein 8g 16%

Total lipid (fat) 3g 5%

Ash 3g

Carbohydrate, by difference 9g 3%

Fiber, total dietary 3g 13%

Sugars, total 3g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 198mg 20%

Iron, Fe 3mg 16%

Magnesium, Mg 72mg 18%

Phosphorus, P 144mg 14%

Potassium, K 575mg 16%

Sodium, Na 195mg 8%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 9µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 46mg 76%

Niacin 2mg 8%

Pantothenic acid 1mg 5%

Folate, total 154µg

Folate, food 154µg 38%

Folate, DFE 154µg

Choline, total 34mg

Betaine 47mg

Vitamin A, RAE 263µg

Carotene, beta 3085µg

Carotene, alpha 35µg

Cryptoxanthin, beta 91µg

Vitamin A, IU 5262IU	105%
Lycopene 791µg	
Lutein + zeaxanthin 5750µg	
Vitamin E (alpha-tocopherol)	5%
1mg	
Vitamin D 1IU	0%
Vitamin K (phylloquinone)	326%
261µg	
Fatty acids, total saturated 1g	3%
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Phytosterols 6mg	
Leucine 1g	
Arginine 1g	
Aspartic acid 1g	
Glutamic acid 2g	