

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 30

Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 42mg 2%

Total Carbohydrates 6g 2%

Dietary Fiber 2g 6%

Sugars 4g

Protein 1g 2%

Vitamin A 1942IU 39% Vitamin C 74mg 123%

Calcium 13mg 1% Iron 1mg 3%

Vitamin E 1mg 4% Vitamin K 6µg 8%

Thiamin 0mg 3% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 1mg 4%

Vitamin B6 0mg 10% Vitamin B12 0µg 0%

Pantothenic acid 0mg 2% Folate 27µg 7%

Phosphorus 26mg 3% Magnesium 11mg 3%

Zinc 0mg Selenium 1µg

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 81g

Energy 30kcal

Energy 124kJ

Protein 1g 2%

Ash 1g

Carbohydrate, by difference 6g 2%

Fiber, total dietary 2g 6%

Sugars, total 4g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 13mg 1%

Iron, Fe 1mg 3%

Magnesium, Mg 11mg 3%

Phosphorus, P 26mg 3%

Potassium, K 215mg 6%

Sodium, Na 42mg 2%

Selenium, Se 1µg

Vitamin C, total ascorbic acid 74mg 123%

Niacin 1mg 4%

Folate, total 27µg

Folate, food 27µg 7%

Folate, DFE 27µg

Choline, total 7mg

Vitamin A, RAE 96µg

Carotene, beta 1003µg

Carotene, alpha 14µg

Cryptoxanthin, beta 274µg

Vitamin A, IU 1942IU 39%

Lycopene 2373µg

Lutein + zeaxanthin 66µg

Vitamin E (alpha-tocopherol) 1mg 4%

Vitamin K (phylloquinone) 6µg 8%

