

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 145

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **1%**

Cholesterol 0mg **0%**

Sodium 92mg **4%**

Total Carbohydrates 26g **9%**

Dietary Fiber 13g **51%**

Sugars 10g

Protein 7g **13%**

Vitamin A 6517IU 130% Vitamin C 55mg 92%

Calcium 359mg 36% Iron 6mg 33%

Vitamin E 1mg 4% Vitamin K 251µg 314%

Thiamin 0mg 14% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 3mg 14%

Vitamin B6 0mg 17% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 102µg 26%

Phosphorus 181mg 18% Magnesium 148mg 37%

Zinc 1mg Selenium 1µg

Copper 0mg Manganese 2mg

* 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 236g

Energy 145kcal

Energy 606kJ

Protein 7g **13%**

Total lipid (fat) 4g **6%**

Ash 4g

Carbohydrate, by difference 9%

26g

Fiber, total dietary 13g **51%**

Sugars, total 10g

Sucrose 3g

Glucose (dextrose) 3g

Fructose 4g

Calcium, Ca 359mg **36%**

Iron, Fe 6mg **33%**

Magnesium, Mg 148mg **37%**

Phosphorus, P 181mg **18%**

Potassium, K 1111mg **32%**

Sodium, Na 92mg **4%**

Zinc, Zn 1mg

Manganese, Mn 2mg

Selenium, Se 1µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 92%

55mg

Niacin 3mg **14%**

Folate, total 102µg

Folate, food 102µg **26%**

Folate, DFE 102µg

Choline, total 23mg

Betaine 16mg

Vitamin A, RAE 327µg

Carotene, beta 3831µg

Carotene, alpha 117µg

Vitamin A, IU 6517IU	130%
Lycopene 2624µg	
Lutein + zeaxanthin 4653µg	
Vitamin E (alpha-tocopherol)	4%
1mg	
Vitamin K (phylloquinone)	314%
251µg	
Fatty acids, total monounsaturated 2g	
18:1 undifferentiated 2g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Phytosterols 27mg	
Aspartic acid 1g	
Glutamic acid 1g	