

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 124**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 2%**

Saturated Fat 0g 1%

**Cholesterol 0mg 0%**

**Sodium 70mg 3%**

**Total Carbohydrates 29g 10%**

Dietary Fiber 6g 22%

Sugars 22g

**Protein 4g 8%**

Vitamin A 7739IU 155%    Vitamin C 67mg 112%

Calcium 86mg 9%    Iron 2mg 11%

Vitamin E 2mg 6%    Vitamin K 265µg 331%

Thiamin 0mg 11%    Riboflavin 0mg 9%

Vitamin D 0IU 0%    Niacin 2mg 9%

Vitamin B6 0mg 15%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 5%    Folate 112µg 28%

Phosphorus 85mg 9%    Magnesium 66mg 16%

Zinc 1mg    Selenium 1µg

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 355g**

**Energy 124kcal**

**Energy 517kJ**

**Protein 4g 8%**

**Total lipid (fat) 1g 2%**

**Ash 2g**

**Carbohydrate, by difference 10%**

29g

**Fiber, total dietary 6g 22%**

**Sugars, total 22g**

**Sucrose 4g**

**Glucose (dextrose) 6g**

**Fructose 7g**

**Calcium, Ca 86mg 9%**

**Iron, Fe 2mg 11%**

**Magnesium, Mg 66mg 16%**

**Phosphorus, P 85mg 9%**

**Potassium, K 861mg 25%**

**Sodium, Na 70mg 3%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 1µg**

**Fluoride, F 4µg**

**Vitamin C, total ascorbic acid 112%**

67mg

**Niacin 2mg 9%**

**Pantothenic acid 1mg 5%**

**Folate, total 112µg**

**Folate, food 112µg 28%**

**Folate, DFE 112µg**

**Choline, total 31mg**

**Betaine 16mg**

**Vitamin A, RAE 388µg**

**Carotene, beta 4575µg**

**Carotene, alpha** 126µg  
**Cryptoxanthin, beta** 8µg

**Vitamin A, IU** 7739IU **155%**

**Lycopene** 2624µg

**Lutein + zeaxanthin** 4697µg

**Vitamin E (alpha-tocopherol)** **6%**

2mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **331%**

265µg

**Phytosterols** 15mg

**Glutamic acid** 1g