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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%	o	Vitamin C 67mg 112%
Calcium 86mg 9%	o	Iron 2mg 11%
Vitamin E 2mg 6%	o	Vitamin K 265µg 331%
Thiamin 0mg 11%	o	Riboflavin 0mg 9%
Vitamin D 0IU 0%	o	Niacin 2mg 9%
Vitamin B6 0mg 15%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 5%	o	Folate 112µg 28%
Phosphorus 85mg 9%	o	Magnesium 66mg 16%
Zinc 1mg	o	Selenium 1µg
Copper 0mg	o	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 29g	**10%**
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 67mg	**112%**
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) 2mg	**6%**
Tocopherol, gamma 1mg	
Vitamin K (phylloquinone) 265µg	**331%**
Phytosterols 15mg	
Glutamic acid 1g	