

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