

## 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