

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 90

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrates 14g 5%

Dietary Fiber 3g **12%**

Sugars 9g

Protein 3g 6%

Vitamin A 3500IU 70% Vitamin C 43mg 71%

Calcium 46mg 5% Iron 1mg 6%

Vitamin E 1mg 4% Vitamin K 31µg 39%

Thiamin 0mg 7% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 1mg 5%

Vitamin B6 0mg 11% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 39µg 10%

Phosphorus 87mg 9% Magnesium 41mg 10%

Zinc 1mg Selenium 3µg

Copper 0mg Manganese 0mg

* 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 93g

Energy 90kcal

Energy 377kJ

Protein 3g **6%**

Total lipid (fat) 3g **5%**

Ash 1g

Carbohydrate, by difference 14g **5%**

Fiber, total dietary 3g **12%**

Sugars, total 9g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Starch 1g

Calcium, Ca 46mg **5%**

Iron, Fe 1mg **6%**

Magnesium, Mg 41mg **10%**

Phosphorus, P 87mg **9%**

Potassium, K 294mg **8%**

Sodium, Na 28mg **1%**

Zinc, Zn 1mg

Selenium, Se 3µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **71%**
43mg

Niacin 1mg **5%**

Folate, total 39µg

Folate, food 39µg **10%**

Folate, DFE 39µg

Choline, total 14mg

Betaine 1mg

Vitamin A, RAE 175µg

Carotene, beta 1770µg

Carotene, alpha 567µg

Cryptoxanthin, beta 93µg

Vitamin A, IU 3500IU **70%**
Lycopene 2µg

Lutein + zeaxanthin 104µg

Vitamin E (alpha-tocopherol) 1mg **4%**

Vitamin K (phylloquinone) 31µg **39%**

Fatty acids, total

monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 20mg

Beta-sitosterol 2mg

Glutamic acid 1g