

# 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