

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 125

Calories from Fat 27

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 222mg **9%**

Total Carbohydrates 22g **7%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 6g **13%**

Vitamin A 8618IU 172% Vitamin C 53mg 88%

Calcium 176mg 18% Iron 1mg 8%

Vitamin E 1mg 4% Vitamin K 61µg 76%

Thiamin 0mg 7% Riboflavin 0mg 15%

Vitamin D 2IU 1% Niacin 3mg 13%

Vitamin B6 0mg 17% Vitamin B12 0µg 2%

Pantothenic acid 1mg 9% Folate 68µg 17%

Phosphorus 209mg 21% Magnesium 55mg 14%

Zinc 1mg Selenium 9µg

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 158g

Energy 125kcal

Energy 345kJ

Protein 6g **13%**

Total lipid (fat) 3g **4%**

Ash 2g

Carbohydrate, by difference 7%

22g

Fiber, total dietary 4g **16%**

Sugars, total 14g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 176mg **18%**

Iron, Fe 1mg **8%**

Magnesium, Mg 55mg **14%**

Phosphorus, P 209mg **21%**

Potassium, K 590mg **17%**

Sodium, Na 222mg **9%**

Zinc, Zn 1mg

Selenium, Se 9µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **88%**
53mg

Niacin 3mg **13%**

Pantothenic acid 1mg **9%**

Folate, total 84µg

Folate, food 68µg **17%**

Folate, DFE 68µg

Choline, total 18mg

Betaine 9mg

Vitamin A, RAE 412µg

Retinol 62µg

Carotene, beta 3167µg

Carotene, alpha	1113µg	
Vitamin A, IU	8618IU	172%
Lutein + zeaxanthin	2567µg	
Vitamin E (alpha-tocopherol)	1mg	4%
Vitamin D	2IU	1%
Vitamin K (phylloquinone)	61µg	76%
Fatty acids, total saturated	1g	5%
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Phytosterols	2mg	
Glutamic acid	1g	