

Nutrition Facts

Serving Size
Whole Recipe (67g)

Calories **20**

	% Daily Value *
Total Fat 0.1g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1.3mg	0%
Total Carbohydrate 7.1g	2%
Dietary Fiber 1.9g	7%
Total Sugars 1.1g	2%
Includes ~g Added Sugars	~%
Protein 0.5g	1%
Vitamin C 19.5mg	22%
Vitamin D 0mcg	0%
Iron 0.4mg	2%
Calcium 22.1mg	2%
Potassium 68.3mg	1%
Phosphorus 12.1mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

▲ Missing data "~" is set to equal 0.
Totals may be higher than shown.