

Recipe 234649

Nutrition Facts

Serving Size: 8 oz (0.0g)
Servings Per Container: 2

Amount Per Serving

Calories 50 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber 0g **0%**

Sugars 7g

Protein 2g

Vitamin A 110% • Vitamin C 90%

Calcium 8% • Iron 8%

Vitamin D 0% • Vitamin E 10%

Vitamin K 840% • Thiamin 8%

Riboflavin 10% • Niacin 6%

Vitamin B6 15% • Folate 50%

Vitamin B12 0% • Pantothenic Acid 2%

Phosphorus 10% • Magnesium 20%

Zinc 4% • Selenium 2%

Copper 50% • Manganese 45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: APPLES, KALE, SPINACH, LEMON