

Add more liquid as needed.

Nutrition Facts

Per serving:

Calories: 82

Fat: 1 g

Saturated Fat: 0.19 g

% Calories From Fat: 14%

Cholesterol: 0 mg

Protein: 2 g

Carbohydrate: 17 g

Sugar: 3 g

Fiber: 2 g

Sodium: 215 mg

Calcium: 28 mg

Iron: 1 mg

Vitamin C: 10 mg

Beta-Carotene: 3,703 mcg

Vitamin E: 1 mg