

GAZPACHO

Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

Calories	160.8
Total Fat	14.3 g
Saturated Fat	2.0 g
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	10.0 g
Cholesterol	0.0 mg
Sodium	477.5 mg
Potassium	434.1 mg
Total Carbohydrate	9.9 g
Dietary Fiber	1.7 g
Sugars	4.5 g
Protein	1.7 g
Vitamin A	51.3 %
Vitamin B-12	0.0 %
Vitamin B-6	12.8 %
Vitamin C	146.8 %
Vitamin D	0.0 %
Vitamin E	7.1 %
Calcium	2.3 %
Copper	6.3 %
Folate	9.8 %
Iron	5.1 %
Magnesium	5.7 %
Manganese	9.1 %
Niacin	6.0 %
Pantothenic Acid	4.3 %
Phosphorus	4.1 %
Riboflavin	3.9 %
Selenium	0.9 %
Thiamin	6.7 %
Zinc	2.0 %

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