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# Nutrition Facts

Serving Size
Serving Per Recipe About 1

**Amount Per Serving**
**Calories** 303 Calories from Fat 18

| | % Daily Value* |
|---|---|
| **Total Fat** 2g | **3%** |
| Saturated Fat 0g | **1%** |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 110mg | **5%** |
| **Total Carbohydrates** 74g | **25%** |
| Dietary Fiber 10g | **39%** |
| Sugars 49g | |
| **Protein** 5g | **11%** |

| | | |
|---|---|---|
| Vitamin A 8753IU 175% | o | Vitamin C 47mg 78% |
| Calcium 231mg 23% | o | Iron 3mg 18% |
| Vitamin E 4mg 13% | o | Vitamin K 437µg 547% |
| Thiamin 0mg 13% | o | Riboflavin 0mg 26% |
| Vitamin D 26IU 6% | o | Niacin 2mg 9% |
| Vitamin B6 1mg 34% | o | Vitamin B12 1µg 13% |
| Pantothenic acid 1mg 7% | o | Folate 197µg 49% |
| Phosphorus 121mg 12% | o | Magnesium 121mg 30% |
| Zinc 1mg | o | Selenium 3µg |
| Copper 0mg | o | Manganese 1mg |

* 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** 493g | |
| **Energy** 303kcal | |
| **Energy** 1263kJ | |
| **Protein** 5g | **11%** |
| **Total lipid (fat)** 2g | **3%** |
| **Ash** 3g | |
| **Carbohydrate, by difference** 74g | **25%** |
| **Fiber, total dietary** 10g | **39%** |
| **Sugars, total** 49g | |
| **Sucrose** 5g | |
| **Glucose (dextrose)** 16g | |
| **Fructose** 24g | |
| **Starch** 7g | |
| **Calcium, Ca** 231mg | **23%** |
| **Iron, Fe** 3mg | **18%** |
| **Magnesium, Mg** 121mg | **30%** |
| **Phosphorus, P** 121mg | **12%** |
| **Potassium, K** 1199mg | **34%** |
| **Sodium, Na** 110mg | **5%** |
| **Zinc, Zn** 1mg | |
| **Manganese, Mn** 1mg | |
| **Selenium, Se** 3µg | |
| **Fluoride, F** 2µg | |
| **Vitamin C, total ascorbic acid** 47mg | **78%** |
| **Niacin** 2mg | **9%** |
| **Pantothenic acid** 1mg | **7%** |
| **Vitamin B-6** 1mg | **34%** |
| **Folate, total** 197µg | |
| **Folate, food** 197µg | **49%** |
| **Folate, DFE** 197µg | |
| **Choline, total** 40mg | |
| **Betaine** 92mg | |

| | |
|---|---|
| **Vitamin B-12** 1µg<br>**Vitamin B-12, added** 1µg | **13%** |
| **Vitamin A, RAE** 469µg<br>**Retinol** 38µg<br>**Carotene, beta** 5145µg<br>**Carotene, alpha** 25µg<br>**Cryptoxanthin, beta** 43µg | |
| **Vitamin A, IU** 8753IU | **175%** |
| **Lutein + zeaxanthin** 11066µg | |
| **Vitamin E (alpha-tocopherol)** 4mg | **13%** |
| **Vitamin E, added** 2mg | |
| **Vitamin D** 26IU | **6%** |
| **Vitamin K (phylloquinone)** 437µg | **547%** |
| **Fatty acids, total monounsaturated** 1g | |
| **Fatty acids, total polyunsaturated** 1g | |
| **Phytosterols** 24mg | |
| **Aspartic acid** 1g | |
| **Glutamic acid** 1g | |