

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 617

Calories from Fat 198

% Daily Value*

Total Fat 22g 34%

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 633mg 26%

Total Carbohydrates 86g 29%

Dietary Fiber 12g **48%**

Sugars 22g

Protein 29g 59%

Vitamin A 20017IU 400% Vitamin C 143mg 238%

Calcium 469mg 47% Iron 9mg 49%

Vitamin E 5mg 17% Vitamin K 567µg 708%

Thiamin 1mg 37% Riboflavin 1mg 40%

Vitamin D 16IU 4% Niacin 11mg 55%

Vitamin B6 1mg 68% Vitamin B12 0µg 0%

Pantothenic acid 3mg 34% Folate 356µg 89%

Phosphorus 648mg 65% Magnesium 320mg 80%

Zinc 5mg Selenium 43µg

Copper 1mg Manganese 5mg

* 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 474g

Energy 617kcal

Energy 2583kJ

Protein 29g 59%

Total lipid (fat) 22g 34%

Ash 8g

Carbohydrate, by difference 29%

86g

Fiber, total dietary 12g 48%

Sugars, total 22g

Sucrose 3g

Glucose (dextrose) 6g

Fructose 3g

Starch 1g

Calcium, Ca 469mg 47%

Iron, Fe 9mg 49%

Magnesium, Mg 320mg 80%

Phosphorus, P 648mg 65%

Potassium, K 1817mg 52%

Sodium, Na 633mg 26%

Zinc, Zn 5mg

Copper, Cu 1mg

Manganese, Mn 5mg

Selenium, Se 43µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 238%

143mg

Thiamin 1mg 37%

Riboflavin 1mg 40%

Niacin 11mg 55%

Pantothenic acid 3mg 34%

Vitamin B-6 1mg 68%

Folate, total 356µg

Folate, food 356µg 89%

Folate, DFE 356µg
Choline, total 64mg

Betaine 117mg

Vitamin A, RAE 1000µg

Carotene, beta 10623µg

Carotene, alpha 1266µg

Cryptoxanthin, beta 210µg

Vitamin A, IU 20017IU **400%**

Lutein + zeaxanthin 14063µg

Vitamin E (alpha-tocopherol) **17%**

5mg

Tocopherol, gamma 2mg

Vitamin D 16IU **4%**

Vitamin K (phylloquinone) **708%**

567µg

Fatty acids, total saturated 3g **16%**

16:0 2g

17:0 1g

Fatty acids, total monounsaturated 11g

15:1 2g

17:1 1g

18:1 undifferentiated 6g

20:1 1g

Fatty acids, total polyunsaturated 5g

18:2 undifferentiated 4g

Phytosterols 49mg

Campesterol 2mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 6g

Glycine 1g

Proline 1g

Serine 1g

