

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 481**

Calories from Fat 63

% Daily Value\*

**Total Fat 7g 11%**

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 88mg 4%**

**Total Carbohydrates 85g 28%**

Dietary Fiber 20g 81%

Sugars 21g

**Protein 26g 51%**

Vitamin A 6376IU 128%    Vitamin C 89mg 148%

Calcium 189mg 19%    Iron 7mg 41%

Vitamin E 3mg 11%    Vitamin K 271µg 339%

Thiamin 1mg 45%    Riboflavin 0mg 28%

Vitamin D 0IU 0%    Niacin 4mg 22%

Vitamin B6 1mg 53%    Vitamin B12 0µg 0%

Pantothenic acid 3mg 26%    Folate 699µg 175%

Phosphorus 387mg 39%    Magnesium 161mg 40%

Zinc 4mg    Selenium 6µg

Copper 1mg    Manganese 22mg

\* 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 368g**

**Energy 481kcal**

**Energy 2009kJ**

**Protein 26g 51%**

**Total lipid (fat) 7g 11%**

**Ash 6g**

**Carbohydrate, by difference 28%**

85g

**Fiber, total dietary 20g 81%**

**Sugars, total 21g**

**Glucose (dextrose) 4g**

**Fructose 5g**

**Calcium, Ca 189mg 19%**

**Iron, Fe 7mg 41%**

**Magnesium, Mg 161mg 40%**

**Phosphorus, P 387mg 39%**

**Potassium, K 1743mg 50%**

**Sodium, Na 88mg 4%**

**Zinc, Zn 4mg**

**Copper, Cu 1mg**

**Manganese, Mn 22mg**

**Selenium, Se 6µg**

**Fluoride, F 3µg**

**Vitamin C, total ascorbic acid 148%**

89mg

**Thiamin 1mg 45%**

**Niacin 4mg 22%**

**Pantothenic acid 3mg 26%**

**Vitamin B-6 1mg 53%**

**Folate, total 699µg**

**Folate, food 699µg 175%**

**Folate, DFE 699µg**

**Choline, total 134mg**

**Betaine 18mg**

**Vitamin A, RAE** 319µg  
**Carotene, beta** 3661µg

**Carotene, alpha** 121µg

**Cryptoxanthin, beta** 207µg

**Vitamin A, IU** 6376IU **128%**

**Lycopene** 2624µg

**Lutein + zeaxanthin** 4699µg

**Vitamin E (alpha-tocopherol)** **11%**

3mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **339%**

271µg

**Fatty acids, total saturated** 1g **4%**

**16:0** 1g

**Fatty acids, total**

**monounsaturated** 2g

**18:1 undifferentiated** 2g

**Fatty acids, total**

**polyunsaturated** 3g

**18:2 undifferentiated** 3g

**Phytosterols** 21mg

**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** 5g

**Glycine** 1g

**Proline** 1g

**Serine** 1g