

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