

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 439**

Calories from Fat 45

% Daily Value\*

**Total Fat 5g 8%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 51mg 2%**

**Total Carbohydrates 79g 26%**

Dietary Fiber 21g **82%**

Sugars 11g

**Protein 24g 48%**

Vitamin A 6325IU 127%    Vitamin C 53mg 89%

Calcium 194mg 19%    Iron 7mg 38%

Vitamin E 2mg 7%    Vitamin K 109µg 136%

Thiamin 1mg 67%    Riboflavin 0mg 19%

Vitamin D 0IU 0%    Niacin 3mg 17%

Vitamin B6 1mg 33%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 15%    Folate 564µg 141%

Phosphorus 420mg 42%    Magnesium 202mg 51%

Zinc 4mg    Selenium 5µg

Copper 1mg    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 211g**

**Energy 439kcal**

**Energy 1837kJ**

**Protein 24g 48%**

**Total lipid (fat) 5g 8%**

**Ash 5g**

**Carbohydrate, by difference 26%**

79g

**Fiber, total dietary 21g 82%**

**Sugars, total 11g**

**Sucrose 3g**

**Glucose (dextrose) 2g**

**Fructose 3g**

**Calcium, Ca 194mg 19%**

**Iron, Fe 7mg 38%**

**Magnesium, Mg 202mg 51%**

**Phosphorus, P 420mg 42%**

**Potassium, K 2034mg 58%**

**Sodium, Na 51mg 2%**

**Zinc, Zn 4mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 5µg**

**Fluoride, F 3µg**

**Vitamin C, total ascorbic acid 89%**

53mg

**Thiamin 1mg 67%**

**Niacin 3mg 17%**

**Pantothenic acid 1mg 15%**

**Vitamin B-6 1mg 33%**

**Folate, total 564µg**

**Folate, food 564µg 141%**

**Folate, DFE 564µg**

**Choline, total 85mg**

**Vitamin A, RAE** 316µg  
**Carotene, beta** 3720µg

**Carotene, alpha** 81µg

**Cryptoxanthin, beta** 49µg

**Vitamin A, IU** 6325IU **127%**

**Lycopene** 1159µg

**Lutein + zeaxanthin** 1691µg

**Vitamin E (alpha-tocopherol)** 7%

2mg

**Vitamin K (phylloquinone)** 136%

109µg

**Fatty acids, total saturated** 1g **5%**

**16:0** 1g

**Fatty acids, total monounsaturated** 2g

**18:1 undifferentiated** 2g

**Fatty acids, total polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 7mg

**Campesterol** 1mg

**Beta-sitosterol** 16mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 2g

**Lysine** 2g

**Phenylalanine** 1g

**Tyrosine** 1g

**Valine** 1g

**Arginine** 1g

**Histidine** 1g

**Alanine** 1g

**Aspartic acid** 3g

**Glutamic acid** 4g

**Glycine** 1g

**Proline** 1g

**Serine** 1g