

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 319

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 113mg 38%

Sodium 298mg 12%

Total Carbohydrates 28g 9%

Dietary Fiber 3g 11%

Sugars 16g

Protein 44g 89%

Vitamin A 312IU 6% Vitamin C 22mg 36%

Calcium 88mg 9% Iron 2mg 12%

Vitamin E 0mg 1% Vitamin K 37µg 46%

Thiamin 0mg 8% Riboflavin 0mg 20%

Vitamin D 15IU 4% Niacin 17mg 85%

Vitamin B6 1mg 68% Vitamin B12 1µg 9%

Pantothenic acid 1mg 14% Folate 33µg 8%

Phosphorus 361mg 36% Magnesium 67mg 17%

Zinc 3mg Selenium 44µg

Copper 0mg Manganese 0mg

* 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 194g

Energy 319kcal

Energy 1337kJ

Protein 44g 89%

Total lipid (fat) 3g 5%

Ash 3g

Carbohydrate, by difference 28g 9%

Fiber, total dietary 3g 11%

Sugars, total 16g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 3g

Calcium, Ca 88mg 9%

Iron, Fe 2mg 12%

Magnesium, Mg 67mg 17%

Phosphorus, P 361mg 36%

Potassium, K 551mg 16%

Sodium, Na 298mg 12%

Zinc, Zn 3mg

Selenium, Se 44µg

Vitamin C, total ascorbic acid 22mg 36%

Niacin 17mg 85%

Pantothenic acid 1mg 14%

Vitamin B-6 1mg 68%

Folate, total 33µg

Folate, food 33µg 8%

Folate, DFE 33µg

Choline, total 127mg

Betaine 9mg

Vitamin B-12 1µg 9%

Vitamin A, RAE 19µg

Retinol 4µg

Carotene, beta 162µg

Carotene, alpha	2µg	
Cryptoxanthin, beta	30µg	
Vitamin A, IU	312IU	6%
Lutein + zeaxanthin	74µg	
Vitamin D	15IU	4%
Vitamin K (phylloquinone)	37µg	46%
Fatty acids, total saturated	1g	5%
16:0	1g	
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
18:1 c	1g	
Fatty acids, total polyunsaturated	1g	
18:2 undifferentiated	1g	
18:2 n-6 c,c	1g	
Cholesterol	113mg	38%
Phytosterols	15mg	
Threonine	1g	
Isoleucine	1g	
Leucine	3g	
Lysine	3g	
Methionine	1g	
Phenylalanine	1g	
Tyrosine	1g	
Valine	1g	
Arginine	2g	
Histidine	1g	
Alanine	2g	
Aspartic acid	3g	
Glutamic acid	5g	
Glycine	2g	
Proline	2g	
Serine	2g	