

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	