

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 217

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 552mg 23%

Total Carbohydrates 26g 9%

Dietary Fiber 4g 16%

Sugars 11g

Protein 17g 33%

Vitamin A 2138IU 43% Vitamin C 63mg 104%

Calcium 242mg 24% Iron 3mg 19%

Vitamin E 1mg 3% Vitamin K 65µg 82%

Thiamin 0mg 15% Riboflavin 1mg 36%

Vitamin D 13IU 3% Niacin 8mg 40%

Vitamin B6 1mg 26% Vitamin B12 0µg 2%

Pantothenic acid 3mg 30% Folate 92µg 23%

Phosphorus 373mg 37% Magnesium 81mg 20%

Zinc 3mg Selenium 49µg

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 500g

Energy 217kcal

Energy 913kJ

Protein 17g 33%

Adjusted Protein 1g

Total lipid (fat) 7g 11%

Ash 5g

Carbohydrate, by difference 9%

26g

Fiber, total dietary 4g 16%

Sugars, total 11g

Glucose (dextrose) 5g

Fructose 3g

Calcium, Ca 242mg 24%

Iron, Fe 3mg 19%

Magnesium, Mg 81mg 20%

Phosphorus, P 373mg 37%

Potassium, K 1002mg 29%

Sodium, Na 552mg 23%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 49µg

Vitamin C, total ascorbic acid 104%

63mg

Riboflavin 1mg 36%

Niacin 8mg 40%

Pantothenic acid 3mg 30%

Vitamin B-6 1mg 26%

Folate, total 92µg

Folate, food 92µg 23%

Folate, DFE 92µg

Choline, total 41mg

Betaine 15mg

Vitamin A, RAE 88µg
Carotene, beta 941µg

Carotene, alpha 8µg

Cryptoxanthin, beta 224µg

Vitamin A, IU 2138IU **43%**

Lutein + zeaxanthin 285µg

Vitamin E (alpha-tocopherol) **3%**
1mg

Vitamin D 13IU **3%**

Vitamin K (phylloquinone) 65µg **82%**

Dihydrophylloquinone 2µg

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

17:0 1g

Fatty acids, total monounsaturated 5g

15:1 2g

17:1 1g

20:1 1g

Fatty acids, total polyunsaturated 1g

Phytosterols 3mg

Campesterol 3mg

Threonine 1g

Isoleucine 1g

Leucine 1g

Lysine 1g

Phenylalanine 1g

Valine 1g

Arginine 1g

Alanine 1g

Aspartic acid 2g

Glutamic acid 3g

Glycine 1g

Proline 1g

Serine 1g