

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 285

Calories from Fat 108

% Daily Value*

Total Fat 12g 18%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 51mg 2%

Total Carbohydrates 38g 13%

Dietary Fiber 13g 53%

Sugars 11g

Protein 10g 21%

Vitamin A 313IU 6% Vitamin C 7mg 12%

Calcium 340mg 34% Iron 3mg 19%

Vitamin E 0mg 1% Vitamin K 4µg 5%

Thiamin 0mg 29% Riboflavin 0mg 22%

Vitamin D 61IU 15% Niacin 3mg 16%

Vitamin B6 0mg 14% Vitamin B12 1µg 22%

Pantothenic acid 0mg 4% Folate 30µg 7%

Phosphorus 341mg 34% Magnesium 145mg 36%

Zinc 2mg Selenium 19µg

Copper 0mg 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 174g

Energy 285kcal

Energy 1193kJ

Protein 10g 21%

Total lipid (fat) 12g 18%

Ash 3g

Carbohydrate, by difference 38g 13%

Fiber, total dietary 13g 53%

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 4g

Starch 9g

Calcium, Ca 340mg 34%

Iron, Fe 3mg 19%

Magnesium, Mg 145mg 36%

Phosphorus, P 341mg 34%

Potassium, K 528mg 15%

Sodium, Na 51mg 2%

Zinc, Zn 2mg

Manganese, Mn 1mg

Selenium, Se 19µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid 7mg 12%

Niacin 3mg 16%

Folate, total 30µg

Folate, food 30µg 7%

Folate, DFE 16µg

Choline, total 11mg

Vitamin B-12 1µg 22%

Vitamin A, RAE 2µg

Carotene, beta 21µg

Carotene, alpha 14µg

Vitamin A, IU 313IU	6%
Lutein + zeaxanthin 45µg	
Vitamin D2 (ergocalciferol) 1µg	
Vitamin D 61IU	15%
Vitamin K (phylloquinone) 4µg	5%
Fatty acids, total saturated 1g	7%
16:0 1g	
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 8g	
18:2 undifferentiated 2g	
18:2 n-6 c,c 2g	
18:3 undifferentiated 5g	
18:3 n-3 c,c,c (ALA) 5g	
Phytosterols 9mg	
Leucine 1g	
Arginine 1g	
Aspartic acid 1g	
Glutamic acid 1g	