

Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

Calories 290

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 89mg 4%

Total Carbohydrates 68g 23%

Dietary Fiber 9g **35%**

Sugars 40g

Protein 5g 10%

Vitamin A 5945IU 119% Vitamin C 88mg 147%

Calcium 198mg 20% Iron 3mg 15%

Vitamin E 3mg 10% Vitamin K 292µg 364%

Thiamin 0mg 14% Riboflavin 0mg 24%

Vitamin D 26IU 6% Niacin 2mg 12%

Vitamin B6 1mg 49% Vitamin B12 1µg 13%

Pantothenic acid 1mg 10% Folate 179µg 45%

Phosphorus 93mg 9% Magnesium 121mg 30%

Zinc 1mg Selenium 3µg

Copper 0mg Manganese 2mg

* 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 360g

Energy 290kcal

Energy 1210kJ

Protein 5g 10%

Total lipid (fat) 3g 5%

Ash 3g

Carbohydrate, by difference 23%

68g

Fiber, total dietary 9g 35%

Sugars, total 40g

Sucrose 12g

Glucose (dextrose) 12g

Fructose 12g

Starch 11g

Calcium, Ca 198mg 20%

Iron, Fe 3mg 15%

Magnesium, Mg 121mg 30%

Phosphorus, P 93mg 9%

Potassium, K 1228mg 35%

Sodium, Na 89mg 4%

Zinc, Zn 1mg

Manganese, Mn 2mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 147%

88mg

Niacin 2mg 12%

Pantothenic acid 1mg 10%

Vitamin B-6 1mg 49%

Folate, total 179µg

Folate, food 179µg 45%

Folate, DFE 179µg

Choline, total 39mg

Betaine 62mg

Vitamin B-12 1µg	13%
Vitamin B-12, added 1µg	
Vitamin A, RAE 329µg	
Retinol 38µg	
Carotene, beta 3467µg	
Carotene, alpha 51µg	
Vitamin A, IU 5945IU	119%
Lutein + zeaxanthin 7363µg	
Vitamin E (alpha-tocopherol) 3mg	10%
Vitamin E, added 2mg	
Vitamin D 26IU	6%
Vitamin K (phylloquinone) 292µg	364%
Fatty acids, total saturated 2g	9%
12:0 1g	
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Phytosterols 47mg	
Aspartic acid 1g	
Glutamic acid 1g	