

# 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**

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