

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 639

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 193mg 8%

Total Carbohydrates 121g 40%

Dietary Fiber 26g 102%

Sugars 19g

Protein 33g 67%

Vitamin A 3690IU 74% Vitamin C 40mg 66%

Calcium 220mg 22% Iron 8mg 46%

Vitamin E 2mg 6% Vitamin K 52µg 65%

Thiamin 1mg 92% Riboflavin 0mg 22%

Vitamin D 0IU 0% Niacin 4mg 21%

Vitamin B6 1mg 42% Vitamin B12 0µg 0%

Pantothenic acid 2mg 20% Folate 531µg 133%

Phosphorus 696mg 70% Magnesium 291mg 73%

Zinc 6mg Selenium 5µg

Copper 1mg Manganese 4mg

* 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 443g

Energy 639kcal

Energy 2668kJ

Protein 33g 67%

Total lipid (fat) 5g 8%

Ash 7g

Carbohydrate, by difference 40%

121g

Fiber, total dietary 26g 102%

Sugars, total 19g

Sucrose 3g

Glucose (dextrose) 8g

Fructose 6g

Starch 1g

Calcium, Ca 220mg 22%

Iron, Fe 8mg 46%

Magnesium, Mg 291mg 73%

Phosphorus, P 696mg 70%

Potassium, K 2525mg 72%

Sodium, Na 193mg 8%

Zinc, Zn 6mg

Copper, Cu 1mg

Manganese, Mn 4mg

Selenium, Se 5µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 66%

40mg Thiamin 1mg 92%

Niacin 4mg 21%

Pantothenic acid 2mg 20%

Vitamin B-6 1mg 42%

Folate, total 531µg

Folate, food 531µg 133%

Folate, DFE 531µg

Choline, total 100mg
Vitamin A, RAE 181µg

Carotene, beta 2035µg

Carotene, alpha 206µg

Cryptoxanthin, beta 56µg

Vitamin A, IU 3690IU **74%**

Lycopene 4632µg

Lutein + zeaxanthin 765µg

Vitamin E (alpha-tocopherol) **6%**
2mg

Vitamin K (phylloquinone) 52µg **65%**

Fatty acids, total saturated 1g **5%**

16:0 1g

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 62mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 2g

Tyrosine 1g

Valine 2g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 4g

Glutamic acid 6g

Glycine 1g

Proline 1g

Serine 2g