

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 138**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 6%**

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 204mg 8%**

**Total Carbohydrates 20g 7%**

Dietary Fiber 7g 27%

Sugars 10g

**Protein 9g 18%**

Vitamin A 8191IU 164%    Vitamin C 23mg 38%

Calcium 152mg 15%    Iron 3mg 17%

Vitamin E 1mg 4%    Vitamin K 196µg 245%

Thiamin 0mg 11%    Riboflavin 0mg 16%

Vitamin D 0IU 0%    Niacin 1mg 6%

Vitamin B6 0mg 11%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 7%    Folate 216µg 54%

Phosphorus 161mg 16%    Magnesium 89mg 22%

Zinc 1mg    Selenium 4µg

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 201g**

**Energy 138kcal**

**Energy 580kJ**

**Protein 9g 18%**

**Total lipid (fat) 4g 6%**

**Ash 3g**

**Carbohydrate, by difference 7%**

20g

**Fiber, total dietary 7g 27%**

**Sugars, total 10g**

**Sucrose 2g**

**Glucose (dextrose) 1g**

**Fructose 1g**

**Maltose 1g**

**Starch 1g**

**Calcium, Ca 152mg 15%**

**Iron, Fe 3mg 17%**

**Magnesium, Mg 89mg 22%**

**Phosphorus, P 161mg 16%**

**Potassium, K 920mg 26%**

**Sodium, Na 204mg 8%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 4µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 38%**

**Niacin 1mg 6%**

**Pantothenic acid 1mg 7%**

**Folate, total 216µg**

**Folate, food 216µg 54%**

**Folate, DFE 216µg**

**Choline, total 33mg**

**Betaine 66mg**

**Vitamin A, RAE** 409µg

**Carotene, beta** 4348µg

**Carotene, alpha** 1114µg

**Cryptoxanthin, beta** 1µg

**Vitamin A, IU** 8191IU **164%**

**Lutein + zeaxanthin** 793µg

**Vitamin E (alpha-tocopherol)** **4%**

1mg

**Tocopherol, gamma** 2mg

**Tocopherol, delta** 1mg

**Vitamin K (phylloquinone)** **245%**

196µg

**Fatty acids, total monounsaturated** 1g

**Phytosterols** 24mg

**Leucine** 1g

**Lysine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g