

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 449

Calories from Fat 36

% Daily Value*

Total Fat 4g 7%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 545mg 23%

Total Carbohydrates 82g 27%

Dietary Fiber 23g 91%

Sugars 16g

Protein 26g 53%

Vitamin A 24908IU 498% Vitamin C 80mg 133%

Calcium 250mg 25% Iron 8mg 46%

Vitamin E 3mg 9% Vitamin K 363µg 453%

Thiamin 1mg 45% Riboflavin 0mg 25%

Vitamin D 0IU 0% Niacin 4mg 19%

Vitamin B6 1mg 47% Vitamin B12 0µg 0%

Pantothenic acid 2mg 17% Folate 601µg 150%

Phosphorus 449mg 45% Magnesium 165mg 41%

Zinc 4mg Selenium 3µg

Copper 2mg Manganese 12mg

* 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 459g

Energy 449kcal

Energy 1880kJ

Protein 26g 53%

Total lipid (fat) 4g 7%

Ash 7g

Carbohydrate, by difference 27%

82g

Fiber, total dietary 23g 91%

Sugars, total 16g

Sucrose 2g

Glucose (dextrose) 1g

Fructose 1g

Starch 1g

Calcium, Ca 250mg 25%

Iron, Fe 8mg 46%

Magnesium, Mg 165mg 41%

Phosphorus, P 449mg 45%

Potassium, K 1918mg 55%

Sodium, Na 545mg 23%

Zinc, Zn 4mg

Copper, Cu 2mg

Manganese, Mn 12mg

Selenium, Se 3µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 133%

80mg
Thiamin 1mg 45%

Niacin 4mg 19%

Pantothenic acid 2mg 17%

Vitamin B-6 1mg 47%

Folate, total 601µg

Folate, food 601µg 150%

Folate, DFE 601µg

Choline, total 68mg
Vitamin A, RAE 1233µg

Carotene, beta 12599µg

Carotene, alpha 4350µg

Cryptoxanthin, beta 40µg

Vitamin A, IU 24908IU **498%**

Lycopene 1160µg

Lutein + zeaxanthin 5313µg

Vitamin E (alpha-tocopherol) **9%**
3mg

Vitamin K (phylloquinone) **453%**
363µg

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 66mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g