

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 498

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 535mg **22%**

Total Carbohydrates 95g **32%**

Dietary Fiber 23g **93%**

Sugars 13g

Protein 28g **55%**

Vitamin A 11610IU 232% Vitamin C 33mg 55%

Calcium 232mg 23% Iron 9mg 48%

Vitamin E 4mg 15% Vitamin K 58µg 73%

Thiamin 1mg 92% Riboflavin 1mg 31%

Vitamin D 0IU 0% Niacin 7mg 35%

Vitamin B6 1mg 42% Vitamin B12 0µg 0%

Pantothenic acid 2mg 24% Folate 607µg 152%

Phosphorus 524mg 52% Magnesium 245mg 61%

Zinc 6mg Selenium 9µg

Copper 1mg 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 269g

Energy 498kcal

Energy 2080kJ

Protein 28g **55%**

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

Ash 8g

Carbohydrate, by difference **32%**

95g

Fiber, total dietary 23g **93%**

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 4g

Fructose 3g

Starch 1g

Calcium, Ca 232mg **23%**

Iron, Fe 9mg **48%**

Magnesium, Mg 245mg **61%**

Phosphorus, P 524mg **52%**

Potassium, K 2551mg **73%**

Sodium, Na 535mg **22%**

Zinc, Zn 6mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 9µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid **55%**
33mg

Thiamin 1mg **92%**

Riboflavin 1mg **31%**

Niacin 7mg **35%**

Pantothenic acid 2mg **24%**

Vitamin B-6 1mg **42%**

Folate, total 607µg

Folic acid 1µg

Folate, food 607µg	152%
Folate, DFE 608µg	
Choline, total 95mg	
Vitamin A, RAE 580µg	
Carotene, beta 5298µg	
Carotene, alpha 1329µg	
Cryptoxanthin, beta 1987µg	
Vitamin A, IU 11610IU	232%
Lycopene 12759µg	
Lutein + zeaxanthin 662µg	
Vitamin E (alpha-tocopherol) 4mg	15%
Vitamin K (phylloquinone) 58µg	73%
Fatty acids, total saturated 1g	4%
16:0 1g	
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Phytosterols 17mg	
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	