

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 448**

Calories from Fat 81

% Daily Value\*

**Total Fat 9g 14%**

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 568mg 24%**

**Total Carbohydrates 78g 26%**

Dietary Fiber 15g 58%

Sugars 8g

**Protein 18g 36%**

Vitamin A 8643IU 173%    Vitamin C 92mg 153%

Calcium 241mg 24%    Iron 6mg 35%

Vitamin E 3mg 9%    Vitamin K 176µg 220%

Thiamin 1mg 54%    Riboflavin 0mg 16%

Vitamin D 0IU 0%    Niacin 5mg 23%

Vitamin B6 1mg 29%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 10%    Folate 298µg 75%

Phosphorus 357mg 36%    Magnesium 132mg 33%

Zinc 3mg    Selenium 14µg

Copper 1mg    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 177g**

**Energy 448kcal**

**Energy 1687kJ**

**Protein 18g 36%**

**Total lipid (fat) 9g 14%**

**Ash 5g**

**Carbohydrate, by difference 26%**

78g

**Fiber, total dietary 15g 58%**

**Sugars, total 8g**

**Sucrose 2g**

**Glucose (dextrose) 2g**

**Fructose 2g**

**Maltose 1g**

**Starch 20g**

**Calcium, Ca 241mg 24%**

**Iron, Fe 6mg 35%**

**Magnesium, Mg 132mg 33%**

**Phosphorus, P 357mg 36%**

**Potassium, K 1425mg 41%**

**Sodium, Na 568mg 24%**

**Zinc, Zn 3mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 14µg**

**Fluoride, F 12µg**

**Vitamin C, total ascorbic acid 153%**

92mg

**Thiamin 1mg 54%**

**Niacin 5mg 23%**

**Pantothenic acid 1mg 10%**

**Vitamin B-6 1mg 29%**

**Folate, total 347µg**

**Folic acid 49µg**

<b>Folate, food</b> 298µg	<b>75%</b>
<b>Folate, DFE</b> 381µg	
<b>Choline, total</b> 50mg	
<b>Betaine</b> 23mg	
<b>Vitamin A, RAE</b> 432µg	
<b>Carotene, beta</b> 4539µg	
<b>Carotene, alpha</b> 1012µg	
<b>Cryptoxanthin, beta</b> 263µg	
<b>Vitamin A, IU</b> 8643IU	<b>173%</b>
<b>Lycopene</b> 798µg	
<b>Lutein + zeaxanthin</b> 1953µg	
<b>Vitamin E (alpha-tocopherol)</b> 3mg	<b>9%</b>
<b>Tocopherol, gamma</b> 2mg	
<b>Vitamin K (phylloquinone)</b> 176µg	<b>220%</b>
<b>Fatty acids, total saturated</b> 2g	<b>10%</b>
<b>16:0</b> 1g	
<b>Fatty acids, total monounsaturated</b> 2g	
<b>18:1 undifferentiated</b> 2g	
<b>Fatty acids, total polyunsaturated</b> 2g	
<b>18:2 undifferentiated</b> 1g	
<b>Phytosterols</b> 14mg	
<b>Threonine</b> 1g	
<b>Isoleucine</b> 1g	
<b>Leucine</b> 1g	
<b>Lysine</b> 1g	
<b>Phenylalanine</b> 1g	
<b>Valine</b> 1g	
<b>Arginine</b> 1g	
<b>Alanine</b> 1g	
<b>Aspartic acid</b> 2g	
<b>Glutamic acid</b> 3g	
<b>Glycine</b> 1g	
<b>Proline</b> 1g	
<b>Serine</b> 1g	