

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

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