

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 386

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 134mg 6%

Total Carbohydrates 65g 22%

Dietary Fiber 16g **64%**

Sugars 2g

Protein 23g 45%

Vitamin A 26IU 1% Vitamin C 5mg 8%

Calcium 145mg 14% Iron 6mg 31%

Vitamin E 0mg 1% Vitamin K 6µg 7%

Thiamin 1mg 67% Riboflavin 0mg 12%

Vitamin D 0IU 0% Niacin 2mg 12%

Vitamin B6 0mg 19% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 439µg 110%

Phosphorus 409mg 41% Magnesium 194mg 48%

Zinc 4mg Selenium 4µg

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 29g

Energy 386kcal

Energy 1613kJ

Protein 23g 45%

Total lipid (fat) 5g 8%

Ash 5g

Carbohydrate, by difference 22%

65g

Fiber, total dietary 16g 64%

Sugars, total 2g

Calcium, Ca 145mg 14%

Iron, Fe 6mg 31%

Magnesium, Mg 194mg 48%

Phosphorus, P 409mg 41%

Potassium, K 1510mg 43%

Sodium, Na 134mg 6%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid 8%

5mg

Thiamin 1mg 67%

Niacin 2mg 12%

Pantothenic acid 1mg 10%

Folate, total 439µg

Folate, food 439µg 110%

Folate, DFE 439µg

Choline, total 66mg

Carotene, beta 2µg

Vitamin A, IU 26IU 1%

Lutein + zeaxanthin 3µg

Vitamin K (phylloquinone) 6µg 7%

Fatty acids, total saturated 1g 5%
16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g