

Nutrition Facts

Serving Size

Serving Per Recipe About 4

Amount Per Serving

Calories 455

Calories from Fat 27

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 119mg 5%

Total Carbohydrates 88g 29%

Dietary Fiber 22g **86%**

Sugars 13g

Protein 26g 52%

Vitamin A 6604IU 132% Vitamin C 53mg 89%

Calcium 218mg 22% Iron 7mg 37%

Vitamin E 2mg 6% Vitamin K 80µg 100%

Thiamin 1mg 72% Riboflavin 0mg 18%

Vitamin D 0IU 0% Niacin 4mg 20%

Vitamin B6 1mg 36% Vitamin B12 0µg 0%

Pantothenic acid 2mg 16% Folate 511µg 128%

Phosphorus 468mg 47% Magnesium 219mg 55%

Zinc 4mg Selenium 5µg

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 532g

Energy 455kcal

Energy 1898kJ

Protein 26g 52%

Total lipid (fat) 3g 4%

Ash 6g

Carbohydrate, by difference 29%

88g

Fiber, total dietary 22g 86%

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 5g

Fructose 4g

Starch 3g

Calcium, Ca 218mg 22%

Iron, Fe 7mg 37%

Magnesium, Mg 219mg 55%

Phosphorus, P 468mg 47%

Potassium, K 2177mg 62%

Sodium, Na 119mg 5%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 5µg

Fluoride, F 184µg

Vitamin C, total ascorbic acid 89%

53mg

Thiamin 1mg 72%

Niacin 4mg 20%

Pantothenic acid 2mg 16%

Vitamin B-6 1mg 36%

Folate, total 511µg

Folate, food 511µg 128%

Folate, DFE 511µg

Choline, total 97mg

Betaine 1mg

Vitamin A, RAE 329µg

Carotene, beta 3286µg

Carotene, alpha 1233µg

Cryptoxanthin, beta 89µg

Vitamin A, IU 6604IU **132%**

Lycopene 2876µg

Lutein + zeaxanthin 482µg

Vitamin E (alpha-tocopherol) **6%**

2mg

Vitamin K (phylloquinone) 80µg **100%**

Fatty acids, total saturated 1g **3%**

16:0 1g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 25mg

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