

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 498

Calories from Fat 72

% Daily Value*

Total Fat 8g 13%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 121mg 5%

Total Carbohydrates 93g 31%

Dietary Fiber 14g **57%**

Sugars 13g

Protein 20g 41%

Vitamin A 11236IU 225% Vitamin C 83mg 138%

Calcium 192mg 19% Iron 6mg 31%

Vitamin E 2mg 5% Vitamin K 74µg 93%

Thiamin 0mg 28% Riboflavin 0mg 18%

Vitamin D 0IU 0% Niacin 3mg 17%

Vitamin B6 1mg 30% Vitamin B12 0µg 0%

Pantothenic acid 1mg 12% Folate 414µg 103%

Phosphorus 338mg 34% Magnesium 136mg 34%

Zinc 4mg Selenium 3µg

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 189g

Energy 498kcal

Energy 1456kJ

Protein 20g 41%

Total lipid (fat) 8g 13%

Ash 4g

Carbohydrate, by difference 93g 31%

Fiber, total dietary 14g 57%

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 6g

Fructose 3g

Starch 2g

Calcium, Ca 192mg 19%

Iron, Fe 6mg 31%

Magnesium, Mg 136mg 34%

Phosphorus, P 338mg 34%

Potassium, K 1579mg 45%

Sodium, Na 121mg 5%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 3µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 83mg 138%

Niacin 3mg 17%

Pantothenic acid 1mg 12%

Vitamin B-6 1mg 30%

Folate, total 414µg

Folate, food 414µg 103%

Folate, DFE 414µg

Choline, total 19mg

Betaine	1mg	
Vitamin A, RAE	561µg	
Carotene, beta	6112µg	
Carotene, alpha	1130µg	
Cryptoxanthin, beta	121µg	
Vitamin A, IU	11236IU	225%
Lutein + zeaxanthin	172µg	
Vitamin E (alpha-tocopherol)	2mg	5%
Tocopherol, gamma	1mg	
Vitamin K (phylloquinone)	74µg	93%
Fatty acids, total saturated	1g	3%
Fatty acids, total monounsaturated	2g	
18:1 undifferentiated	2g	
Fatty acids, total polyunsaturated	3g	
18:2 undifferentiated	3g	
Phytosterols	38mg	
Campesterol	2mg	
Beta-sitosterol	11mg	
Threonine	1g	
Isoleucine	1g	
Leucine	1g	
Lysine	1g	
Phenylalanine	1g	
Valine	1g	
Arginine	1g	
Alanine	1g	
Aspartic acid	2g	
Glutamic acid	2g	
Glycine	1g	
Proline	1g	
Serine	1g	