

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 380

Calories from Fat 72

% Daily Value*

Total Fat 8g 13%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 98mg 4%

Total Carbohydrates 66g 22%

Dietary Fiber 11g 43%

Sugars 13g

Protein 15g 30%

Vitamin A 9513IU 190% Vitamin C 57mg 94%

Calcium 98mg 10% Iron 5mg 28%

Vitamin E 2mg 6% Vitamin K 135µg 169%

Thiamin 0mg 30% Riboflavin 0mg 14%

Vitamin D 0IU 0% Niacin 3mg 16%

Vitamin B6 1mg 30% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 245µg 61%

Phosphorus 276mg 28% Magnesium 99mg 25%

Zinc 2mg Selenium 8µg

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 216g

Energy 380kcal

Energy 1383kJ

Protein 15g 30%

Total lipid (fat) 8g 13%

Ash 4g

Carbohydrate, by difference 22%

66g

Fiber, total dietary 11g 43%

Sugars, total 13g

Sucrose 1g

Glucose (dextrose) 7g

Fructose 5g

Starch 18g

Calcium, Ca 98mg 10%

Iron, Fe 5mg 28%

Magnesium, Mg 99mg 25%

Phosphorus, P 276mg 28%

Potassium, K 921mg 26%

Sodium, Na 98mg 4%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 8µg

Fluoride, F 13µg

Vitamin C, total ascorbic acid 94%

57mg

Niacin 3mg 16%

Pantothenic acid 1mg 10%

Vitamin B-6 1mg 30%

Folate, total 245µg

Folate, food 245µg 61%

Folate, DFE 245µg

Choline, total 26mg

Betaine	1mg	
Vitamin A, RAE	475µg	
Carotene, beta	5472µg	
Carotene, alpha	20µg	
Cryptoxanthin, beta	113µg	
Vitamin A, IU	9513IU	190%
Lutein + zeaxanthin	2406µg	
Vitamin E (alpha-tocopherol)	2mg	6%
Vitamin K (phylloquinone)	135µg	169%
Fatty acids, total saturated	1g	4%
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Fatty acids, total polyunsaturated	2g	
18:2 undifferentiated	1g	
Phytosterols	42mg	
Stigmasterol	1mg	
Campesterol	2mg	
Beta-sitosterol	17mg	
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	