

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 395

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 519mg 22%

Total Carbohydrates 71g 24%

Dietary Fiber 13g **52%**

Sugars 13g

Protein 20g 41%

Vitamin A 18266IU 365% Vitamin C 78mg 129%

Calcium 157mg 16% Iron 7mg 38%

Vitamin E 3mg 9% Vitamin K 96µg 119%

Thiamin 1mg 49% Riboflavin 0mg 20%

Vitamin D 0IU 0% Niacin 3mg 17%

Vitamin B6 1mg 46% Vitamin B12 0µg 0%

Pantothenic acid 2mg 21% Folate 359µg 90%

Phosphorus 339mg 34% Magnesium 105mg 26%

Zinc 3mg Selenium 4µg

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 487g

Energy 395kcal

Energy 1649kJ

Protein 20g 41%

Total lipid (fat) 5g 8%

Ash 5g

Carbohydrate, by difference 24%

71g

Fiber, total dietary 13g 52%

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 3g

Starch 29g

Calcium, Ca 157mg 16%

Iron, Fe 7mg 38%

Magnesium, Mg 105mg 26%

Phosphorus, P 339mg 34%

Potassium, K 1483mg 42%

Sodium, Na 519mg 22%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 4µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 129%

78mg **Thiamin 1mg 49%**

Niacin 3mg 17%

Pantothenic acid 2mg 21%

Vitamin B-6 1mg 46%

Folate, total 359µg

Folate, food 359µg 90%

Folate, DFE 359µg

Choline, total 90mg

Betaine 1mg

Vitamin A, RAE 894µg

Carotene, beta 8845µg

Carotene, alpha 3777µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 18266IU **365%**

Lycopene 2318µg

Lutein + zeaxanthin 1774µg

Vitamin E (alpha-tocopherol) **9%**

3mg

Tocopherol, gamma 3mg

Vitamin K (phylloquinone) 96µg **119%**

Fatty acids, total saturated 1g **5%**

16:0 1g

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 2g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 20mg

Threonine 1g

Isoleucine 1g

Leucine 1g

Lysine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 2g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g