

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 412

Calories from Fat 54

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 195mg **8%**

Total Carbohydrates 70g **23%**

Dietary Fiber 15g **59%**

Sugars 12g

Protein 23g **46%**

Vitamin A 627IU 13% Vitamin C 60mg 100%

Calcium 88mg 9% Iron 5mg 29%

Vitamin E 1mg 5% Vitamin K 126µg 157%

Thiamin 1mg 38% Riboflavin 0mg 16%

Vitamin D 0IU 0% Niacin 2mg 10%

Vitamin B6 1mg 35% Vitamin B12 0µg 0%

Pantothenic acid 2mg 18% Folate 598µg 150%

Phosphorus 303mg 30% Magnesium 95mg 24%

Zinc 3mg Selenium 1µg

Copper 1mg Manganese 22mg

* 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 93g

Energy 412kcal

Energy 1725kJ

Protein 23g **46%**

Total lipid (fat) 6g **10%**

Ash 4g

Carbohydrate, by difference **23%**

70g

Fiber, total dietary 15g **59%**

Sugars, total 12g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 88mg **9%**

Iron, Fe 5mg **29%**

Magnesium, Mg 95mg **24%**

Phosphorus, P 303mg **30%**

Potassium, K 990mg **28%**

Sodium, Na 195mg **8%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 22mg

Selenium, Se 1µg

Vitamin C, total ascorbic acid **100%**

60mg

Thiamin 1mg **38%**

Niacin 2mg **10%**

Pantothenic acid 2mg **18%**

Vitamin B-6 1mg **35%**

Folate, total 598µg

Folate, food 598µg **150%**

Folate, DFE 598µg

Choline, total 113mg

Betaine 1mg

Vitamin A, RAE 28µg

Carotene, beta 337µg
Carotene, alpha 4µg

Vitamin A, IU 627IU **13%**

Lutein + zeaxanthin 1049µg

Vitamin E (alpha-tocopherol) 5%
1mg

Vitamin K (phylloquinone) 157%
126µg

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

16:0 1g

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 3g

Phytosterols 16mg

Threonine 1g

Isoleucine 1g

Leucine 2g

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