

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 251

Calories from Fat 126

% Daily Value*

Total Fat 14g 22%

Saturated Fat 3g **13%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrates 26g 9%

Dietary Fiber 7g **30%**

Sugars 5g

Protein 13g 26%

Vitamin A 17114IU 342% Vitamin C 206mg 343%

Calcium 315mg 31% Iron 4mg 22%

Vitamin E 3mg 9% Vitamin K 1198µg 1498%

Thiamin 0mg 22% Riboflavin 0mg 20%

Vitamin D 15IU 4% Niacin 2mg 11%

Vitamin B6 1mg 29% Vitamin B12 0µg 6%

Pantothenic acid 1mg 5% Folate 261µg 65%

Phosphorus 289mg 29% Magnesium 152mg 38%

Zinc 2mg Selenium 5µg

Copper 3mg Manganese 1mg

* 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 193g

Energy 251kcal

Energy 1052kJ

Protein 13g **26%**

Total lipid (fat) 14g **22%**

Ash 5g

Carbohydrate, by difference **9%**

26g

Fiber, total dietary 7g **30%**

Sugars, total 5g

Calcium, Ca 315mg **31%**

Iron, Fe 4mg **22%**

Magnesium, Mg 152mg **38%**

Phosphorus, P 289mg **29%**

Potassium, K 1065mg **30%**

Sodium, Na 160mg **7%**

Zinc, Zn 2mg

Copper, Cu 3mg

Manganese, Mn 1mg

Selenium, Se 5µg

Vitamin C, total ascorbic acid **343%**

206mg

Niacin 2mg **11%**

Pantothenic acid 1mg **5%**

Vitamin B-6 1mg **29%**

Folate, total 261µg

Folate, food 261µg **65%**

Folate, DFE 261µg

Choline, total 4mg

Vitamin A, RAE 853µg

Carotene, beta 10111µg

Carotene, alpha 104µg

Cryptoxanthin, beta 138µg

Vitamin A, IU 17114IU **342%**

Lycopene 545µg
Lutein + zeaxanthin 13939µg

Vitamin E (alpha-tocopherol) 9%
3mg

Vitamin D 15IU 4%

Vitamin K (phylloquinone) 1498%
1198µg

Fatty acids, total saturated 3g 13%

16:0 1g

18:0 1g

**Fatty acids, total
monounsaturated** 7g

18:1 undifferentiated 7g

**Fatty acids, total
polyunsaturated** 3g

18:2 undifferentiated 2g

Phytosterols 5mg

Arginine 1g

Glutamic acid 1g