

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 431

Calories from Fat 27

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 76mg 3%

Total Carbohydrates 82g 27%

Dietary Fiber 22g **87%**

Sugars 12g

Protein 26g 53%

Vitamin A 12534IU 251% Vitamin C 68mg 114%

Calcium 240mg 24% Iron 8mg 43%

Vitamin E 4mg 12% Vitamin K 390µg 487%

Thiamin 1mg 73% Riboflavin 0mg 26%

Vitamin D 0IU 0% Niacin 4mg 22%

Vitamin B6 1mg 35% Vitamin B12 0µg 0%

Pantothenic acid 2mg 19% Folate 558µg 140%

Phosphorus 472mg 47% Magnesium 228mg 57%

Zinc 5mg Selenium 5µg

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 369g

Energy 431kcal

Energy 1798kJ

Protein 26g 53%

Total lipid (fat) 3g 4%

Ash 6g

Carbohydrate, by difference 27%

82g

Fiber, total dietary 22g 87%

Sugars, total 12g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 4g

Starch 1g

Calcium, Ca 240mg 24%

Iron, Fe 8mg 43%

Magnesium, Mg 228mg 57%

Phosphorus, P 472mg 47%

Potassium, K 2513mg 72%

Sodium, Na 76mg 3%

Zinc, Zn 5mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 5µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 114%

68mg **Thiamin 1mg 73%**

Niacin 4mg 22%

Pantothenic acid 2mg 19%

Vitamin B-6 1mg 35%

Folate, total 558µg

Folate, food 558µg 140%

Folate, DFE 558µg

Choline, total 104mg
Vitamin A, RAE 626µg

Carotene, beta 7325µg

Carotene, alpha 167µg

Cryptoxanthin, beta 204µg

Vitamin A, IU 12534IU **251%**

Lycopene 3223µg

Lutein + zeaxanthin 2378µg

Vitamin E (alpha-tocopherol) **12%**
4mg

Vitamin K (phylloquinone) **487%**
390µg

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

Fatty acids, total monounsaturated 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 41mg

Stigmasterol 3mg

Beta-sitosterol 2mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 1g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g