

## Nutrition Facts

Serving Size

Serving Per Recipe About 6

Amount Per Serving

**Calories** 198

Calories from Fat 63

% Daily Value\*

**Total Fat** 7g **11%**

Saturated Fat 1g **7%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 751mg **31%**

**Total Carbohydrates** 26g **9%**

Dietary Fiber 12g **49%**

Sugars 4g

**Protein** 17g **34%**

Vitamin A 44552IU 891%    Vitamin C 168mg 281%

Calcium 494mg 49%    Iron 14mg 76%

Vitamin E 10mg 32%    Vitamin K 2297µg 2871%

Thiamin 0mg 30%    Riboflavin 1mg 57%

Vitamin D 0IU 0%    Niacin 4mg 20%

Vitamin B6 1mg 56%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 9%    Folate 966µg 242%

Phosphorus 317mg 32%    Magnesium 413mg 103%

Zinc 3mg    Selenium 7µg

Copper 1mg    Manganese 4mg

\* 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 577g

Energy 198kcal

Energy 832kJ

Protein 17g **34%**

Total lipid (fat) 7g **11%**

Ash 10g

Carbohydrate, by difference **9%**

26g

Fiber, total dietary 12g **49%**

Sugars, total 4g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 494mg **49%**

Iron, Fe 14mg **76%**

Magnesium, Mg 413mg **103%**

Phosphorus, P 317mg **32%**

Potassium, K 2925mg **84%**

Sodium, Na 751mg **31%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 4mg

Selenium, Se 7µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **281%**  
168mg

Riboflavin 1mg **57%**

Niacin 4mg **20%**

Pantothenic acid 1mg **9%**

Vitamin B-6 1mg **56%**

Folate, total 966µg

Folate, food 966µg **242%**

Folate, DFE 966µg

Choline, total 124mg

Betaine 486mg

**Vitamin A, RAE** 2220µg  
**Carotene, beta** 26630µg

**Vitamin A, IU** 44552IU **891%**

**Lutein + zeaxanthin** 57738µg

**Vitamin E (alpha-tocopherol)** **32%**  
10mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **2871%**  
2297µg

**Fatty acids, total saturated** 1g **7%**  
**16:0** 1g

**Fatty acids, total monounsaturated** 3g

**18:1 undifferentiated** 3g

**Fatty acids, total polyunsaturated** 2g

**18:2 undifferentiated** 1g

**18:3 undifferentiated** 1g

**Phytosterols** 55mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Tyrosine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g

**Glycine** 1g

**Proline** 1g

**Serine** 1g