

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