

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 249

Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 312mg 13%

Total Carbohydrates 42g 14%

Dietary Fiber 12g **49%**

Sugars 11g

Protein 14g 28%

Vitamin A 25912IU 518% Vitamin C 116mg 194%

Calcium 176mg 18% Iron 4mg 23%

Vitamin E 3mg 11% Vitamin K 619µg 773%

Thiamin 1mg 37% Riboflavin 0mg 25%

Vitamin D 1IU 0% Niacin 4mg 21%

Vitamin B6 1mg 31% Vitamin B12 0µg 0%

Pantothenic acid 2mg 16% Folate 264µg 66%

Phosphorus 292mg 29% Magnesium 101mg 25%

Zinc 3mg Selenium 6µg

Copper 2mg 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 334g

Energy 249kcal

Energy 1043kJ

Protein 14g **28%**

Total lipid (fat) 6g **9%**

Ash 5g

Carbohydrate, by difference **14%**

42g

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

Sugars, total 11g

Glucose (dextrose) 2g

Fructose 1g

Calcium, Ca 176mg **18%**

Iron, Fe 4mg **23%**

Magnesium, Mg 101mg **25%**

Phosphorus, P 292mg **29%**

Potassium, K 1232mg **35%**

Sodium, Na 312mg **13%**

Zinc, Zn 3mg

Copper, Cu 2mg

Manganese, Mn 1mg

Selenium, Se 6µg

Fluoride, F 22µg

Vitamin C, total ascorbic acid **194%**

116mg

Thiamin 1mg **37%**

Niacin 4mg **21%**

Pantothenic acid 2mg **16%**

Vitamin B-6 1mg **31%**

Folate, total 264µg

Folate, food 264µg **66%**

Folate, DFE 264µg

Choline, total 46mg

Betaine 2mg

Vitamin A, RAE 1287µg
Carotene, beta 13455µg

Carotene, alpha 3889µg

Cryptoxanthin, beta 71µg

Vitamin A, IU 25912IU **518%**

Lycopene 8512µg

Lutein + zeaxanthin 7283µg

Vitamin E (alpha-tocopherol) **11%**

3mg

Tocopherol, gamma 1mg

Vitamin D 1IU **0%**

Vitamin K (phylloquinone) **773%**

619µg

Fatty acids, total saturated 1g **5%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 36mg

Leucine 1g

Lysine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g