

# 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