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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%	o	Vitamin C 116mg 194%
Calcium 176mg 18%	o	Iron 4mg 23%
Vitamin E 3mg 11%	o	Vitamin K 619µg 773%
Thiamin 1mg 37%	o	Riboflavin 0mg 25%
Vitamin D 1IU 0%	o	Niacin 4mg 21%
Vitamin B6 1mg 31%	o	Vitamin B12 0µg 0%
Pantothenic acid 2mg 16%	o	Folate 264µg 66%
Phosphorus 292mg 29%	o	Magnesium 101mg 25%
Zinc 3mg	o	Selenium 6µg
Copper 2mg	o	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 42g	**14%**
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 116mg	**194%**
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 **Lycopene** 8512µg **Lutein + zeaxanthin** 7283µg	**518%**
Vitamin E (alpha-tocopherol) 3mg **Tocopherol, gamma** 1mg	**11%**
Vitamin D 1IU	**0%**
Vitamin K (phylloquinone) 619µg	**773%**
Fatty acids, total saturated 1g **16:0** 1g	**5%**
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	