

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 623

Calories from Fat 45

% Daily Value*

Total Fat 5g 7%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 172mg 7%

Total Carbohydrates 115g 38%

Dietary Fiber 26g 105%

Sugars 7g

Protein 35g 69%

Vitamin A 5173IU 103% Vitamin C 10mg 17%

Calcium 223mg 22% Iron 9mg 51%

Vitamin E 2mg 6% Vitamin K 45µg 56%

Thiamin 1mg 94% Riboflavin 0mg 22%

Vitamin D 0IU 0% Niacin 4mg 19%

Vitamin B6 1mg 31% Vitamin B12 0µg 0%

Pantothenic acid 2mg 17% Folate 624µg 156%

Phosphorus 639mg 64% Magnesium 288mg 72%

Zinc 6mg Selenium 15µg

Copper 1mg Manganese 3mg

* 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 109g

Energy 623kcal

Energy 2588kJ

Protein 35g 69%

Total lipid (fat) 5g 7%

Ash 6g

Carbohydrate, by difference 38%

115g

Fiber, total dietary 26g 105%

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 1g

Starch 18g

Calcium, Ca 223mg 22%

Iron, Fe 9mg 51%

Magnesium, Mg 288mg 72%

Phosphorus, P 639mg 64%

Potassium, K 2387mg 68%

Sodium, Na 172mg 7%

Zinc, Zn 6mg

Copper, Cu 1mg

Manganese, Mn 3mg

Selenium, Se 15µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 17%

10mg Thiamin 1mg 94%

Niacin 4mg 19%

Pantothenic acid 2mg 17%

Vitamin B-6 1mg 31%

Folate, total 624µg

Folate, food 624µg 156%

Folate, DFE 624µg

Choline, total 113mg
Vitamin A, RAE 257µg

Carotene, beta 2759µg

Carotene, alpha 593µg

Cryptoxanthin, beta 70µg

Vitamin A, IU 5173IU **103%**

Lycopene 1666µg

Lutein + zeaxanthin 543µg

Vitamin E (alpha-tocopherol) **6%**
2mg

Vitamin K (phylloquinone) 45µg **56%**

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

16:0 1g

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 1g

Phytosterols 18mg

Threonine 1g

Isoleucine 1g

Leucine 3g

Lysine 2g

Methionine 1g

Phenylalanine 2g

Tyrosine 1g

Valine 2g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 4g

Glutamic acid 6g

Glycine 1g

Proline 1g

Serine 2g