

## 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