

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 301

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 271mg 11%

Total Carbohydrates 49g 16%

Dietary Fiber 10g **39%**

Sugars 3g

Protein 14g 28%

Vitamin A 3587IU 72% Vitamin C 59mg 98%

Calcium 96mg 10% Iron 7mg 39%

Vitamin E 1mg 2% Vitamin K 22µg 28%

Thiamin 0mg 22% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 3mg 14%

Vitamin B6 1mg 31% Vitamin B12 0µg 0%

Pantothenic acid 1mg 11% Folate 218µg 54%

Phosphorus 279mg 28% Magnesium 127mg 32%

Zinc 3mg Selenium 5µg

Copper 1mg Manganese 2mg

* 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 213g

Energy 301kcal

Energy 1244kJ

Protein 14g **28%**

Total lipid (fat) 7g **11%**

Ash 5g

Carbohydrate, by difference 49g **16%**

Fiber, total dietary 10g **39%**

Sugars, total 3g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 1g

Starch 4g

Calcium, Ca 96mg **10%**

Iron, Fe 7mg **39%**

Magnesium, Mg 127mg **32%**

Phosphorus, P 279mg **28%**

Potassium, K 1301mg **37%**

Sodium, Na 271mg **11%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 5µg

Fluoride, F 12µg

Vitamin C, total ascorbic acid **98%**
59mg

Niacin 3mg **14%**

Pantothenic acid 1mg **11%**

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

Folate, total 218µg

Folate, food 218µg **54%**

Folate, DFE 218µg

Choline, total 7mg

Vitamin A, RAE 179µg

Carotene, beta 1814µg
Carotene, alpha 565µg

Cryptoxanthin, beta 102µg

Vitamin A, IU 3587IU **72%**

Lutein + zeaxanthin 225µg

Vitamin E (alpha-tocopherol) 1mg **2%**

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 22µg **28%**

Fatty acids, total saturated 1g **6%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 23mg

Campesterol 1mg

Beta-sitosterol 16mg

Leucine 1g

Lysine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g