

Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

Calories 283

Calories from Fat 99

% Daily Value*

Total Fat 11g 17%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%**Sodium 120mg** 5%**Total Carbohydrates 42g** 14%

Dietary Fiber 10g 42%

Sugars 21g

Protein 11g 23%

Vitamin A 5716IU 114% Vitamin C 61mg 102%

Calcium 160mg 16% Iron 4mg 24%

Vitamin E 3mg 11% Vitamin K 295µg 369%

Thiamin 0mg 26% Riboflavin 0mg 22%

Vitamin D 0IU 0% Niacin 3mg 13%

Vitamin B6 1mg 29% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 179µg 45%

Phosphorus 253mg 25% Magnesium 192mg 48%

Zinc 2mg Selenium 11µg

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 397g

Energy 283kcal

Energy 1182kJ

Protein 11g 23%

Total lipid (fat) 11g 17%

Ash 4g

Carbohydrate, by difference 14%
42g

Fiber, total dietary 10g 42%

Sugars, total 21g

Sucrose 7g

Glucose (dextrose) 4g

Fructose 5g

Starch 3g

Calcium, Ca 160mg 16%

Iron, Fe 4mg 24%

Magnesium, Mg 192mg 48%

Phosphorus, P 253mg 25%

Potassium, K 999mg 29%

Sodium, Na 120mg 5%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 11µg

Fluoride, F 86µg

Vitamin C, total ascorbic acid 102%
61mg

Niacin 3mg 13%

Pantothenic acid 1mg 10%

Vitamin B-6 1mg 29%

Folate, total 179µg

Folate, food 179µg 45%

Folate, DFE 179µg

Choline, total 63mg

Betaine 63mg
Vitamin A, RAE 286µg

Carotene, beta 3422µg

Carotene, alpha 15µg

Vitamin A, IU 5716IU **114%**

Lutein + zeaxanthin 7401µg

Vitamin E (alpha-tocopherol) **11%**
3mg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) **369%**
295µg

Fatty acids, total saturated 1g **7%**

16:0 1g

Fatty acids, total monounsaturated 4g

18:1 undifferentiated 4g

18:1 c 2g

Fatty acids, total polyunsaturated 5g

18:2 undifferentiated 2g

18:2 n-6 c,c 1g

18:3 undifferentiated 3g

Phytosterols 20mg

Stigmasterol 1mg

Campesterol 5mg

Beta-sitosterol 19mg

Leucine 1g

Valine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g

Glycine 1g

Caffeine 12mg

Theobromine 111mg