

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 286

Calories from Fat 18

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 126mg 5%

Total Carbohydrates 60g 20%

Dietary Fiber 9g **35%**

Sugars 7g

Protein 8g 15%

Vitamin A 1527IU 31% Vitamin C 51mg 85%

Calcium 167mg 17% Iron 3mg 15%

Vitamin E 1mg 3% Vitamin K 71µg 89%

Thiamin 0mg 23% Riboflavin 0mg 13%

Vitamin D 0IU 0% Niacin 4mg 20%

Vitamin B6 1mg 26% Vitamin B12 0µg 0%

Pantothenic acid 1mg 11% Folate 177µg 44%

Phosphorus 240mg 24% Magnesium 127mg 32%

Zinc 2mg Selenium 13µg

Copper 0mg 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 228g

Energy 286kcal

Energy 1196kJ

Protein 8g **15%**

Total lipid (fat) 2g **3%**

Ash 3g

Carbohydrate, by difference 60g **20%**

Fiber, total dietary 9g **35%**

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 1g

Calcium, Ca 167mg **17%**

Iron, Fe 3mg **15%**

Magnesium, Mg 127mg **32%**

Phosphorus, P 240mg **24%**

Potassium, K 784mg **22%**

Sodium, Na 126mg **5%**

Zinc, Zn 2mg

Manganese, Mn 2mg

Selenium, Se 13µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 51mg **85%**

Niacin 4mg **20%**

Pantothenic acid 1mg **11%**

Vitamin B-6 1mg **26%**

Folate, total 177µg

Folate, food 177µg **44%**

Folate, DFE 177µg

Choline, total 24mg

Vitamin A, RAE 75µg

Carotene, beta 523µg

Carotene, alpha 27µg

Cryptoxanthin, beta 24µg
Vitamin A, IU 1527IU

31%

Lycopene 399µg

Lutein + zeaxanthin 617µg

Vitamin E (alpha-tocopherol) 1mg **3%**

Vitamin K (phylloquinone) 71µg **89%**

Fatty acids, total

monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 14mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g