

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 379**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 6%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol 113mg 38%**

**Sodium 144mg 6%**

**Total Carbohydrates 43g 14%**

Dietary Fiber 7g **26%**

Sugars 30g

**Protein 45g 90%**

Vitamin A 598IU 12%      Vitamin C 92mg 153%

Calcium 119mg 12%      Iron 2mg 13%

Vitamin E 1mg 3%      Vitamin K 38µg 48%

Thiamin 0mg 14%      Riboflavin 0mg 24%

Vitamin D 15IU 4%      Niacin 18mg 89%

Vitamin B6 1mg 71%      Vitamin B12 1µg 9%

Pantothenic acid 2mg 19%      Folate 76µg 19%

Phosphorus 389mg 39%      Magnesium 88mg 22%

Zinc 3mg      Selenium 43µg

Copper 0mg      Manganese 0mg

\* 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 333g**

**Energy 379kcal**

**Energy 1590kJ**

**Protein 45g 90%**

**Total lipid (fat) 4g 6%**

**Ash 3g**

**Carbohydrate, by difference 43g 14%**

**Fiber, total dietary 7g 26%**

**Sugars, total 30g**

**Sucrose 4g**

**Glucose (dextrose) 10g**

**Fructose 10g**

**Calcium, Ca 119mg 12%**

**Iron, Fe 2mg 13%**

**Magnesium, Mg 88mg 22%**

**Phosphorus, P 389mg 39%**

**Potassium, K 875mg 25%**

**Sodium, Na 144mg 6%**

**Zinc, Zn 3mg**

**Selenium, Se 43µg**

**Vitamin C, total ascorbic acid 92mg 153%**

**Niacin 18mg 89%**

**Pantothenic acid 2mg 19%**

**Vitamin B-6 1mg 71%**

**Folate, total 76µg**

**Folate, food 76µg 19%**

**Folate, DFE 76µg**

**Choline, total 139mg**

**Betaine 9mg**

**Vitamin B-12 1µg 9%**

**Vitamin A, RAE 33µg**

**Retinol 4µg**

**Carotene, beta** 240µg  
**Carotene, alpha** 9µg

**Cryptoxanthin, beta** 210µg

**Vitamin A, IU** 598IU **12%**

**Lutein + zeaxanthin** 257µg

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

1mg

**Vitamin D** 15IU **4%**

**Vitamin K (phylloquinone)** 38µg **48%**

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

16:0 1g

**Fatty acids, total**

**monounsaturated** 1g

18:1 undifferentiated 1g

18:1 c 1g

**Fatty acids, total**

**polyunsaturated** 1g

18:2 undifferentiated 1g

18:2 n-6 c,c 1g

**Cholesterol** 113mg **38%**

**Phytosterols** 31mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 3g

**Lysine** 3g

**Methionine** 1g

**Phenylalanine** 1g

**Tyrosine** 1g

**Valine** 1g

**Arginine** 2g

**Histidine** 1g

**Alanine** 2g

**Aspartic acid** 3g

**Glutamic acid** 6g

**Glycine** 2g

**Proline** 2g

**Serine** 2g