

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 439

Calories from Fat 63

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 217mg 9%

Total Carbohydrates 76g 25%

Dietary Fiber 17g **66%**

Sugars 15g

Protein 23g 46%

Vitamin A 2637IU 53% Vitamin C 71mg 118%

Calcium 133mg 13% Iron 6mg 32%

Vitamin E 2mg 7% Vitamin K 169µg 211%

Thiamin 1mg 38% Riboflavin 0mg 21%

Vitamin D 0IU 0% Niacin 3mg 13%

Vitamin B6 1mg 41% Vitamin B12 0µg 0%

Pantothenic acid 2mg 19% Folate 613µg 153%

Phosphorus 316mg 32% Magnesium 114mg 28%

Zinc 3mg Selenium 2µg

Copper 1mg Manganese 22mg

* 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 188g

Energy 439kcal

Energy 1838kJ

Protein 23g 46%

Total lipid (fat) 7g 10%

Ash 5g

Carbohydrate, by difference 25%

76g

Fiber, total dietary 17g 66%

Sugars, total 15g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 133mg 13%

Iron, Fe 6mg 32%

Magnesium, Mg 114mg 28%

Phosphorus, P 316mg 32%

Potassium, K 1106mg 32%

Sodium, Na 217mg 9%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 22mg

Selenium, Se 2µg

Vitamin C, total ascorbic acid 118%

71mg

Thiamin 1mg 38%

Niacin 3mg 13%

Pantothenic acid 2mg 19%

Vitamin B-6 1mg 41%

Folate, total 613µg

Folate, food 613µg 153%

Folate, DFE 613µg

Choline, total 108mg

Betaine 1mg

Vitamin A, RAE 125µg

Carotene, beta 1393µg

Carotene, alpha 16µg

Cryptoxanthin, beta 211µg

Vitamin A, IU 2637IU **53%**

Lutein + zeaxanthin 3167µg

Vitamin E (alpha-tocopherol) **7%**

2mg

Vitamin K (phylloquinone) **211%**

169µg

Fatty acids, total saturated 1g **3%**

16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 3g

Phytosterols 3mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g