

# 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