

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 244**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 5%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 167mg 7%**

**Total Carbohydrates 44g 15%**

Dietary Fiber 8g **33%**

Sugars 9g

**Protein 12g 24%**

Vitamin A 14623IU 292%    Vitamin C 31mg 52%

Calcium 81mg 8%    Iron 3mg 19%

Vitamin E 2mg 5%    Vitamin K 25µg 31%

Thiamin 0mg 23%    Riboflavin 0mg 13%

Vitamin D 1IU 0%    Niacin 2mg 9%

Vitamin B6 1mg 26%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 13%    Folate 307µg 77%

Phosphorus 187mg 19%    Magnesium 62mg 15%

Zinc 2mg    Selenium 2µg

Copper 0mg    Manganese 11mg

\* 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 119g

Energy 244kcal

Energy 1018kJ

Protein 12g **24%**

Total lipid (fat) 3g **5%**

Ash 3g

Carbohydrate, by difference **15%**

44g

Fiber, total dietary 8g **33%**

Sugars, total 9g

Sucrose 1g

Calcium, Ca 81mg **8%**

Iron, Fe 3mg **19%**

Magnesium, Mg 62mg **15%**

Phosphorus, P 187mg **19%**

Potassium, K 739mg **21%**

Sodium, Na 167mg **7%**

Zinc, Zn 2mg

Manganese, Mn 11mg

Selenium, Se 2µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **52%**

31mg

Niacin 2mg **9%**

Pantothenic acid 1mg **13%**

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

Folate, total 307µg

Folate, food 307µg **77%**

Folate, DFE 307µg

Choline, total 66mg

Betaine 1mg

Vitamin A, RAE 730µg

Carotene, beta 7026µg

Carotene, alpha 3129µg

<b>Cryptoxanthin, beta</b>	19µg	
<b>Vitamin A, IU</b>	14623IU	<b>292%</b>
<b>Lycopene</b>	2µg	
<b>Lutein + zeaxanthin</b>	456µg	
<b>Vitamin E (alpha-tocopherol)</b>	2mg	<b>5%</b>
<b>Vitamin D</b>	1IU	<b>0%</b>
<b>Vitamin K (phylloquinone)</b>	25µg	<b>31%</b>
<b>Fatty acids, total monounsaturated</b>	1g	
<b>18:1 undifferentiated</b>	1g	
<b>Fatty acids, total polyunsaturated</b>	2g	
<b>18:2 undifferentiated</b>	1g	
<b>Phytosterols</b>	3mg	
<b>Leucine</b>	1g	
<b>Lysine</b>	1g	
<b>Phenylalanine</b>	1g	
<b>Valine</b>	1g	
<b>Arginine</b>	1g	
<b>Alanine</b>	1g	
<b>Aspartic acid</b>	1g	
<b>Glutamic acid</b>	2g	
<b>Serine</b>	1g	