

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

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