

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 261**

Calories from Fat 90

% Daily Value\*

**Total Fat 10g 16%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 23mg 1%**

**Total Carbohydrates 43g 14%**

Dietary Fiber 9g 37%

Sugars 29g

**Protein 5g 11%**

Vitamin A 7203IU 144%    Vitamin C 62mg 103%

Calcium 123mg 12%    Iron 2mg 11%

Vitamin E 1mg 3%    Vitamin K 95µg 118%

Thiamin 0mg 15%    Riboflavin 0mg 11%

Vitamin D 0IU 0%    Niacin 1mg 6%

Vitamin B6 0mg 16%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 8%    Folate 162µg 40%

Phosphorus 137mg 14%    Magnesium 68mg 17%

Zinc 1mg    Selenium 2µg

Copper 0mg    Manganese 1mg

\* 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 382g**

**Energy 261kcal**

**Energy 1095kJ**

**Protein 5g 11%**

**Total lipid (fat) 10g 16%**

**Ash 2g**

**Carbohydrate, by difference 14%**

43g

**Fiber, total dietary 9g 37%**

**Sugars, total 29g**

**Sucrose 9g**

**Glucose (dextrose) 7g**

**Fructose 12g**

**Calcium, Ca 123mg 12%**

**Iron, Fe 2mg 11%**

**Magnesium, Mg 68mg 17%**

**Phosphorus, P 137mg 14%**

**Potassium, K 777mg 22%**

**Sodium, Na 23mg 1%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 2µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 103%**

62mg

**Niacin 1mg 6%**

**Pantothenic acid 1mg 8%**

**Folate, total 162µg**

**Folate, food 162µg 40%**

**Folate, DFE 162µg**

**Choline, total 38mg**

**Betaine 1mg**

**Vitamin A, RAE 360µg**

**Carotene, beta 4038µg**

**Carotene, alpha** 107µg  
**Cryptoxanthin, beta** 464µg

**Vitamin A, IU** 7203IU **144%**

**Lutein + zeaxanthin** 2004µg

**Vitamin E (alpha-tocopherol)** **3%**  
1mg

**Tocopherol, gamma** 3mg

**Vitamin K (phylloquinone)** 95µg **118%**

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

**16:0** 1g

**Fatty acids, total monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total polyunsaturated** 7g

**18:2 undifferentiated** 6g

**18:3 undifferentiated** 1g

**Phytosterols** 16mg

**Campesterol** 1mg

**Beta-sitosterol** 13mg

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 1g