

Nutrition Facts

Serving Size

Serving Per Recipe About 3

Amount Per Serving

Calories 440

Calories from Fat 252

% Daily Value*

Total Fat 28g **43%**

Saturated Fat 4g **19%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 413mg **17%**

Total Carbohydrates 42g **14%**

Dietary Fiber 21g **84%**

Sugars 13g

Protein 18g **35%**

Vitamin A 37978IU 760% Vitamin C 113mg 188%

Calcium 459mg 46% Iron 10mg 54%

Vitamin E 8mg 28% Vitamin K 1767µg 2208%

Thiamin 1mg 40% Riboflavin 1mg 43%

Vitamin D 0IU 0% Niacin 5mg 25%

Vitamin B6 1mg 66% Vitamin B12 0µg 0%

Pantothenic acid 3mg 30% Folate 632µg 158%

Phosphorus 412mg 41% Magnesium 330mg 83%

Zinc 3mg Selenium 5µg

Copper 1mg Manganese 3mg

* 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 681g

Energy 440kcal

Energy 1845kJ

Protein 18g **35%**

Total lipid (fat) 28g **43%**

Ash 9g

Carbohydrate, by difference 14%

42g

Fiber, total dietary 21g **84%**

Sugars, total 13g

Sucrose 3g

Glucose (dextrose) 3g

Fructose 3g

Starch 1g

Calcium, Ca 459mg **46%**

Iron, Fe 10mg **54%**

Magnesium, Mg 330mg **83%**

Phosphorus, P 412mg **41%**

Potassium, K 2918mg **83%**

Sodium, Na 413mg **17%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 3mg

Selenium, Se 5µg

Fluoride, F 12µg

Vitamin C, total ascorbic acid 113mg **188%**

Thiamin 1mg **40%**

Riboflavin 1mg **43%**

Niacin 5mg **25%**

Pantothenic acid 3mg **30%**

Vitamin B-6 1mg **66%**

Folate, total 632µg

Folate, food 632µg **158%**

Folate, DFE 632µg

Choline, total 100mg

Betaine 118mg

Vitamin A, RAE 1900µg

Carotene, beta 21957µg

Carotene, alpha 1617µg

Cryptoxanthin, beta 44µg

Vitamin A, IU 37978IU **760%**

Lycopene 1278µg

Lutein + zeaxanthin 33737µg

Vitamin E (alpha-tocopherol) **28%**

8mg

Tocopherol, gamma 6mg

Vitamin K (phylloquinone) **2208%**

1767µg

Fatty acids, total saturated 4g **19%**

16:0 4g

Fatty acids, total monounsaturated 16g

16:1 undifferentiated 1g

18:1 undifferentiated 15g

Fatty acids, total polyunsaturated 6g

18:2 undifferentiated 5g

18:3 undifferentiated 1g

Phytosterols 53mg

Stigmasterol 3mg

Campesterol 8mg

Beta-sitosterol 127mg

Threonine 1g

Isoleucine 1g

Leucine 1g

Lysine 1g

Phenylalanine 1g

Valine 1g

Arginine 1g

Alanine 1g

Aspartic acid 1g

Glutamic acid 2g

Glycine 1g

Proline 1g

Serine 1g