

Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

Calories 398

Calories from Fat 252

% Daily Value*

Total Fat 28g 42%

Saturated Fat 3g 17%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 47mg 2%

Total Carbohydrates 39g 13%

Dietary Fiber 13g 52%

Sugars 17g

Protein 8g 16%

Vitamin A 4838IU 97% Vitamin C 40mg 66%

Calcium 169mg 17% Iron 2mg 13%

Vitamin E 5mg 17% Vitamin K 324µg 406%

Thiamin 0mg 14% Riboflavin 0mg 23%

Vitamin D 0IU 0% Niacin 3mg 15%

Vitamin B6 1mg 35% Vitamin B12 0µg 0%

Pantothenic acid 2mg 19% Folate 214µg 54%

Phosphorus 176mg 18% Magnesium 123mg 31%

Zinc 2mg Selenium 3µg

Copper 1mg 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 485g

Energy 398kcal

Energy 1664kJ

Protein 8g 16%

Total lipid (fat) 28g 42%

Ash 4g

Carbohydrate, by difference 13%

39g

Fiber, total dietary 13g 52%

Sugars, total 17g

Sucrose 3g

Glucose (dextrose) 6g

Fructose 8g

Starch 3g

Calcium, Ca 169mg 17%

Iron, Fe 2mg 13%

Magnesium, Mg 123mg 31%

Phosphorus, P 176mg 18%

Potassium, K 1122mg 32%

Sodium, Na 47mg 2%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 177µg

Vitamin C, total ascorbic acid 66%

40mg

Niacin 3mg 15%

Pantothenic acid 2mg 19%

Vitamin B-6 1mg 35%

Folate, total 214µg

Folate, food 214µg 54%

Folate, DFE 214µg

Choline, total 46mg

Betaine 32mg
Vitamin A, RAE 242µg

Carotene, beta 2858µg

Carotene, alpha 44µg

Cryptoxanthin, beta 49µg

Vitamin A, IU 4838IU **97%**

Lutein + zeaxanthin 5517µg

Vitamin E (alpha-tocopherol) **17%**

5mg

Tocopherol, gamma 3mg

Vitamin K (phylloquinone) **406%**

324µg

Fatty acids, total saturated 3g **17%**

16:0 3g

Fatty acids, total

monounsaturated 13g

16:1 undifferentiated 1g

18:1 undifferentiated 12g

18:1 c 2g

Fatty acids, total

polyunsaturated 9g

18:2 undifferentiated 8g

18:2 n-6 c,c 1g

18:3 undifferentiated 2g

Phytosterols 12mg

Stigmasterol 2mg

Campesterol 6mg

Beta-sitosterol 97mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g