

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 628

Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 2g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrates 112g 37%

Dietary Fiber 20g 81%

Sugars 22g

Protein 28g 56%

Vitamin A 5105IU 102% Vitamin C 53mg 88%

Calcium 161mg 16% Iron 8mg 42%

Vitamin E 2mg 8% Vitamin K 263µg 329%

Thiamin 1mg 52% Riboflavin 0mg 23%

Vitamin D 0IU 0% Niacin 5mg 25%

Vitamin B6 1mg 56% Vitamin B12 0µg 0%

Pantothenic acid 3mg 26% Folate 691µg 173%

Phosphorus 490mg 49% Magnesium 200mg 50%

Zinc 4mg Selenium 97µg

Copper 1mg Manganese 22mg

* 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 434g

Energy 628kcal

Energy 2631kJ

Protein 28g 56%

Total lipid (fat) 10g 16%

Ash 7g

Carbohydrate, by difference 112g 37%

Fiber, total dietary 20g 81%

Sugars, total 22g

Sucrose 2g

Glucose (dextrose) 4g

Fructose 5g

Starch 29g

Calcium, Ca 161mg 16%

Iron, Fe 8mg 42%

Magnesium, Mg 200mg 50%

Phosphorus, P 490mg 49%

Potassium, K 2345mg 67%

Sodium, Na 120mg 5%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 22mg

Selenium, Se 97µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 53mg 88%

Thiamin 1mg 52%

Niacin 5mg 25%

Pantothenic acid 3mg 26%

Vitamin B-6 1mg 56%

Folate, total 691µg

Folate, food 691µg 173%

Folate, DFE 690µg

Choline, total 158mg

Betaine 16mg

Vitamin A, RAE 255µg

Carotene, beta 3000µg

Carotene, alpha 114µg

Cryptoxanthin, beta 10µg

Vitamin A, IU 5105IU **102%**

Lycopene 2624µg

Lutein + zeaxanthin 4676µg

Vitamin E (alpha-tocopherol) **8%**

2mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) **329%**

263µg

Fatty acids, total saturated 2g **8%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total polyunsaturated 4g

18:2 undifferentiated 4g

18:2 n-6 c,c 1g

Phytosterols 20mg

Beta-sitosterol 3mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 4g

Glutamic acid 5g

Glycine 1g

Proline 1g

Serine 1g