

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories** 403

Calories from Fat 72

% Daily Value\*

**Total Fat** 8g **13%**

Saturated Fat 1g **6%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 55mg **2%**

**Total Carbohydrates** 71g **24%**

Dietary Fiber 11g **44%**

Sugars 13g

**Protein** 15g **30%**

Vitamin A 4381IU 88%    Vitamin C 13mg 21%

Calcium 187mg 19%    Iron 5mg 25%

Vitamin E 2mg 7%    Vitamin K 4µg 4%

Thiamin 1mg 47%    Riboflavin 0mg 16%

Vitamin D 26IU 6%    Niacin 1mg 7%

Vitamin B6 0mg 9%    Vitamin B12 1µg 13%

Pantothenic acid 1mg 12%    Folate 57µg 14%

Phosphorus 458mg 46%    Magnesium 165mg 41%

Zinc 4mg    Selenium 1µg

Copper 1mg    Manganese 4mg

\* 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 110g

Energy 403kcal

Energy 1688kJ

Protein 15g **30%**

Total lipid (fat) 8g **13%**

Ash 2g

Carbohydrate, by difference 71g **24%**

Fiber, total dietary 11g **44%**

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 4g

Starch 1g

Calcium, Ca 187mg **19%**

Iron, Fe 5mg **25%**

Magnesium, Mg 165mg **41%**

Phosphorus, P 458mg **46%**

Potassium, K 602mg **17%**

Sodium, Na 55mg **2%**

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 4mg

Selenium, Se 1µg

Fluoride, F 25µg

Vitamin C, total ascorbic acid 13mg **21%**

Thiamin 1mg **47%**

Niacin 1mg **7%**

Pantothenic acid 1mg **12%**

Folate, total 57µg

Folate, food 57µg **14%**

Folate, DFE 57µg

Choline, total 8mg

Vitamin B-12 1µg **13%**

**Vitamin B-12, added** 1µg  
**Vitamin A, RAE** 251µg

**Retinol** 38µg

**Carotene, beta** 1949µg

**Carotene, alpha** 1208µg

**Cryptoxanthin, beta** 1µg

**Vitamin A, IU** 4381IU **88%**

**Lutein + zeaxanthin** 282µg

**Vitamin E (alpha-tocopherol)** 2mg **7%**

**Vitamin E, added** 2mg

**Tocopherol, gamma** 1mg

**Vitamin D** 26IU **6%**

**Vitamin K (phylloquinone)** 4µg **4%**

**Fatty acids, total saturated** 1g **6%**

**16:0** 1g

**Fatty acids, total**

**monounsaturated** 3g

**18:1 undifferentiated** 3g

**Fatty acids, total**

**polyunsaturated** 3g

**18:2 undifferentiated** 2g

**18:3 undifferentiated** 1g

**Phytosterols** 4mg

**Campesterol** 1mg

**Beta-sitosterol** 4mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 1g

**Glutamic acid** 3g

**Glycine** 1g

**Proline** 1g

**Serine** 1g