

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 654**

Calories from Fat 135

% Daily Value\*

**Total Fat 15g 23%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 70mg 3%**

**Total Carbohydrates 127g 42%**

Dietary Fiber 67g 268%

Sugars 64g

**Protein 23g 46%**

Vitamin A 7406IU 148%    Vitamin C 291mg 485%

Calcium 476mg 48%    Iron 10mg 54%

Vitamin E 18mg 62%    Vitamin K 471µg 589%

Thiamin 0mg 27%    Riboflavin 1mg 40%

Vitamin D 2IU 1%    Niacin 10mg 51%

Vitamin B6 1mg 31%    Vitamin B12 0µg 0%

Pantothenic acid 4mg 40%    Folate 398µg 99%

Phosphorus 435mg 43%    Magnesium 334mg 84%

Zinc 7mg    Selenium 10µg

Copper 2mg    Manganese 8mg

\* 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 1251g

Energy 654kcal

Energy 2750kJ

Protein 23g 46%

Adjusted Protein 1g

Total lipid (fat) 15g 23%

Ash 7g

Carbohydrate, by difference 42%

127g

Fiber, total dietary 67g 268%

Sugars, total 64g

Sucrose 2g

Glucose (dextrose) 30g

Fructose 30g

Maltose 1g

Calcium, Ca 476mg 48%

Iron, Fe 10mg 54%

Magnesium, Mg 334mg 84%

Phosphorus, P 435mg 43%

Potassium, K 2654mg 76%

Sodium, Na 70mg 3%

Zinc, Zn 7mg

Copper, Cu 2mg

Manganese, Mn 8mg

Selenium, Se 10µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 485%

291mg

Riboflavin 1mg 40%

Niacin 10mg 51%

Pantothenic acid 4mg 40%

Vitamin B-6 1mg 31%

Folate, total 398µg

Folate, food 398µg 99%

**Folate, DFE** 398µg  
**Choline, total** 131mg

**Betaine** 22mg

**Vitamin A, RAE** 374µg

**Carotene, beta** 4384µg

**Carotene, alpha** 110µg

**Vitamin A, IU** 7406IU **148%**

**Lycopene** 2624µg

**Lutein + zeaxanthin** 5964µg

**Vitamin E (alpha-tocopherol)** **62%**  
18mg

**Tocopherol, beta** 1mg

**Tocopherol, gamma** 16mg

**Tocopherol, delta** 10mg

**Vitamin D** 2IU **1%**

**Vitamin K (phylloquinone)** **589%**  
471µg

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

**16:0** 1g

**Fatty acids, total monounsaturated** 6g

**18:1 undifferentiated** 6g

**18:1 c** 4g

**Fatty acids, total polyunsaturated** 6g

**18:2 undifferentiated** 5g

**18:2 n-6 c,c** 2g

**18:3 undifferentiated** 1g

**Phytosterols** 37mg

**Stigmasterol** 1mg

**Campesterol** 1mg

**Beta-sitosterol** 18mg

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g