

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 238**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 1%**

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 95mg 4%**

**Total Carbohydrates 45g 15%**

Dietary Fiber 15g 59%

Sugars 12g

**Protein 14g 28%**

Vitamin A 1573IU 31%      Vitamin C 66mg 110%

Calcium 115mg 11%      Iron 5mg 27%

Vitamin E 1mg 3%      Vitamin K 21µg 26%

Thiamin 0mg 25%      Riboflavin 0mg 24%

Vitamin D 1IU 0%      Niacin 3mg 16%

Vitamin B6 1mg 30%      Vitamin B12 0µg 0%

Pantothenic acid 1mg 12%      Folate 242µg 60%

Phosphorus 298mg 30%      Magnesium 102mg 25%

Zinc 2mg      Selenium 10µg

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 265g**

**Energy 238kcal**

**Energy 997kJ**

**Protein 14g 28%**

**Total lipid (fat) 1g 1%**

**Ash 3g**

**Carbohydrate, by difference 15%**

45g

**Fiber, total dietary 15g 59%**

**Sugars, total 12g**

**Glucose (dextrose) 5g**

**Fructose 5g**

**Calcium, Ca 115mg 11%**

**Iron, Fe 5mg 27%**

**Magnesium, Mg 102mg 25%**

**Phosphorus, P 298mg 30%**

**Potassium, K 1312mg 37%**

**Sodium, Na 95mg 4%**

**Zinc, Zn 2mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 10µg**

**Fluoride, F 1µg**

**Vitamin C, total ascorbic acid 110%**

66mg

**Niacin 3mg 16%**

**Pantothenic acid 1mg 12%**

**Vitamin B-6 1mg 30%**

**Folate, total 242µg**

**Folate, food 242µg 60%**

**Folate, DFE 242µg**

**Choline, total 22mg**

**Betaine 3mg**

**Vitamin A, RAE 77µg**

**Carotene, beta** 826µg

**Carotene, alpha** 51µg

**Cryptoxanthin, beta** 146µg

**Vitamin A, IU** 1573IU **31%**

**Lycopene** 1158µg

**Lutein + zeaxanthin** 2197µg

**Vitamin E (alpha-tocopherol)** **3%**  
1mg

**Vitamin D** 1IU **0%**

**Vitamin K (phylloquinone)** 21µg **26%**

**Phytosterols** 66mg

**Campesterol** 1mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 2g

**Glutamic acid** 2g

**Glycine** 1g

**Proline** 1g

**Serine** 1g