

Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

Calories 326 Calories from Fat 126

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 1g **7%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 65mg **3%**

Total Carbohydrates 45g **15%**

Dietary Fiber 10g **40%**

Sugars 29g

Protein 11g **23%**

Vitamin A 5259IU 105% o Vitamin C 102mg 170%

Calcium 285mg 28% o Iron 3mg 14%

Vitamin E 6mg 19% o Vitamin K 233µg 291%

Thiamin 0mg 32% o Riboflavin 1mg 33%

Vitamin D 61IU 15% o Niacin 3mg 14%

Vitamin B6 1mg 28% o Vitamin B12 1µg 22%

Pantothenic acid 1mg 8% o Folate 139µg 35%

Phosphorus 234mg 23% o Magnesium 140mg 35%

Zinc 1mg o Selenium 5µg

Copper 1mg o 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 367g

Energy 326kcal

Energy 1362kJ

Protein 11g **23%**

Total lipid (fat) 14g **22%**

Ash 3g

Carbohydrate, by difference **15%**

45g

Fiber, total dietary 10g **40%**

Sugars, total 29g

Sucrose 13g

Glucose (dextrose) 5g

Fructose 10g

Starch 2g

Calcium, Ca 285mg **28%**

Iron, Fe 3mg **14%**

Magnesium, Mg 140mg **35%**

Phosphorus, P 234mg **23%**

Potassium, K 906mg **26%**

Sodium, Na 65mg **3%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 5µg

Fluoride, F 43µg

Vitamin C, total ascorbic acid **170%**
102mg

Riboflavin 1mg **33%**

Niacin 3mg **14%**

Pantothenic acid 1mg **8%**

Vitamin B-6 1mg **28%**

Folate, total 139µg

Folate, food 139µg **35%**

Folate, DFE 139µg

Choline, total	32mg	
Vitamin B-12	1µg	22%
Vitamin A, RAE	250µg	
Carotene, beta	2963µg	
Carotene, alpha	42µg	
Cryptoxanthin, beta	42µg	
Vitamin A, IU	5259IU	105%
Lycopene	5µg	
Lutein + zeaxanthin	2736µg	
Vitamin E (alpha-tocopherol)	6mg	19%
Tocopherol, gamma	2mg	
Vitamin D2 (ergocalciferol)	1µg	
Vitamin D	61IU	15%
Vitamin K (phylloquinone)	233µg	291%
Fatty acids, total saturated	1g	7%
16:0	1g	
Fatty acids, total monounsaturated	6g	
18:1 undifferentiated	5g	
18:1 c	4g	
Fatty acids, total polyunsaturated	6g	
18:2 undifferentiated	2g	
18:2 n-6 c,c	2g	
18:3 undifferentiated	2g	
Phytosterols	6mg	
Stigmasterol	2mg	
Campesterol	5mg	
Beta-sitosterol	28mg	
Arginine	1g	
Aspartic acid	1g	
Glutamic acid	2g	