

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 315

Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 19mg 1%

Total Carbohydrates 57g 19%

Dietary Fiber 9g 34%

Sugars 40g

Protein 7g 15%

Vitamin A 3619IU 72% Vitamin C 73mg 121%

Calcium 116mg 12% Iron 2mg 9%

Vitamin E 6mg 21% Vitamin K 182µg 227%

Thiamin 0mg 12% Riboflavin 0mg 22%

Vitamin D 0IU 0% Niacin 3mg 14%

Vitamin B6 1mg 25% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 94µg 24%

Phosphorus 163mg 16% Magnesium 97mg 24%

Zinc 1mg Selenium 2µg

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 475g

Energy 315kcal

Energy 1317kJ

Protein 7g 15%

Total lipid (fat) 10g 16%

Ash 3g

Carbohydrate, by difference 19%

57g

Fiber, total dietary 9g 34%

Sugars, total 40g

Sucrose 12g

Glucose (dextrose) 8g

Fructose 12g

Starch 3g

Calcium, Ca 116mg 12%

Iron, Fe 2mg 9%

Magnesium, Mg 97mg 24%

Phosphorus, P 163mg 16%

Potassium, K 889mg 25%

Sodium, Na 19mg 1%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 128µg

Vitamin C, total ascorbic acid 121%

73mg **Niacin 3mg 14%**

Pantothenic acid 1mg 7%

Vitamin B-6 1mg 25%

Folate, total 94µg

Folate, food 94µg 24%

Folate, DFE 94µg

Choline, total 31mg

Vitamin A, RAE 181µg
Carotene, beta 2104µg

Carotene, alpha 36µg

Cryptoxanthin, beta 101µg

Vitamin A, IU 3619IU **72%**

Lycopene 2µg

Lutein + zeaxanthin 2131µg

Vitamin E (alpha-tocopherol) **21%**

6mg

Vitamin K (phylloquinone) **227%**

182µg

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

16:0 1g

Fatty acids, total monounsaturated 6g

18:1 undifferentiated 6g

18:1 c 6g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 2g

18:2 n-6 c,c 2g

Phytosterols 9mg

Stigmasterol 1mg

Campesterol 1mg

Beta-sitosterol 23mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g