

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 217

Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 372mg 15%

Total Carbohydrates 42g 14%

Dietary Fiber 15g 59%

Sugars 5g

Protein 13g 27%

Vitamin A 7559IU 151% Vitamin C 47mg 79%

Calcium 134mg 13% Iron 6mg 32%

Vitamin E 3mg 8% Vitamin K 369µg 462%

Thiamin 0mg 23% Riboflavin 0mg 11%

Vitamin D 0IU 0% Niacin 2mg 11%

Vitamin B6 0mg 24% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 209µg 52%

Phosphorus 253mg 25% Magnesium 125mg 31%

Zinc 2mg Selenium 3µg

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 239g

Energy 217kcal

Energy 907kJ

Protein 13g 27%

Total lipid (fat) 1g 2%

Ash 4g

Carbohydrate, by difference 14%

42g

Fiber, total dietary 15g 59%

Sugars, total 5g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 134mg 13%

Iron, Fe 6mg 32%

Magnesium, Mg 125mg 31%

Phosphorus, P 253mg 25%

Potassium, K 1160mg 33%

Sodium, Na 372mg 15%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 79%

47mg

Niacin 2mg 11%

Pantothenic acid 1mg 7%

Folate, total 209µg

Folate, food 209µg 52%

Folate, DFE 209µg

Choline, total 15mg

Vitamin A, RAE 369µg

Carotene, beta 3578µg

Carotene, alpha 403µg

Cryptoxanthin, beta 1286µg	
Vitamin A, IU 7559IU	151%
Lycopene 1158µg	
Lutein + zeaxanthin 4810µg	
Vitamin E (alpha-tocopherol) 3mg	8%
Vitamin K (phylloquinone) 369µg	462%
Phytosterols 67mg	
Threonine 1g	
Isoleucine 1g	
Leucine 1g	
Lysine 1g	
Phenylalanine 1g	
Valine 1g	
Arginine 1g	
Alanine 1g	
Aspartic acid 2g	
Glutamic acid 2g	
Proline 1g	
Serine 1g	