

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 155**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 5%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 381mg 16%**

**Total Carbohydrates 26g 9%**

Dietary Fiber 5g **19%**

Sugars 4g

**Protein 8g 16%**

Vitamin A 5015IU 100%    Vitamin C 12mg 20%

Calcium 57mg 6%    Iron 3mg 17%

Vitamin E 1mg 2%    Vitamin K 52µg 65%

Thiamin 0mg 13%    Riboflavin 0mg 8%

Vitamin D 1IU 0%    Niacin 1mg 7%

Vitamin B6 0mg 13%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 5%    Folate 82µg 20%

Phosphorus 134mg 13%    Magnesium 43mg 11%

Zinc 1mg    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 225g**

**Energy 155kcal**

**Energy 647kJ**

**Protein 8g 16%**

**Total lipid (fat) 3g 5%**

**Ash 2g**

**Carbohydrate, by difference 9%**

26g

**Fiber, total dietary 5g 19%**

**Sugars, total 4g**

**Sucrose 1g**

**Glucose (dextrose) 1g**

**Fructose 1g**

**Starch 12g**

**Calcium, Ca 57mg 6%**

**Iron, Fe 3mg 17%**

**Magnesium, Mg 43mg 11%**

**Phosphorus, P 134mg 13%**

**Potassium, K 450mg 13%**

**Sodium, Na 381mg 16%**

**Zinc, Zn 1mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 3µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 20%**

**Niacin 1mg 7%**

**Pantothenic acid 1mg 5%**

**Folate, total 82µg**

**Folate, food 82µg 20%**

**Folate, DFE 82µg**

**Choline, total 10mg**

**Betaine 7mg**

**Vitamin A, RAE** 235µg  
**Carotene, beta** 2404µg

**Carotene, alpha** 835µg

**Cryptoxanthin, beta** 1µg

**Vitamin A, IU** 5015IU **100%**

**Lutein + zeaxanthin** 844µg

**Vitamin E (alpha-tocopherol)** **2%**  
1mg

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

**Vitamin K (phylloquinone)** 52µg **65%**

**Fatty acids, total saturated** 1g **3%**

**Fatty acids, total monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 18mg

**Stigmasterol** 1mg

**Campesterol** 2mg

**Beta-sitosterol** 11mg

**Leucine** 1g

**Lysine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 1g