

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 434

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrates 77g 26%

Dietary Fiber 29g 115%

Sugars 11g

Protein 27g 53%

Vitamin A 5831IU 117% Vitamin C 67mg 112%

Calcium 217mg 22% Iron 10mg 53%

Vitamin E 2mg 8% Vitamin K 268µg 335%

Thiamin 1mg 45% Riboflavin 0mg 22%

Vitamin D 0IU 0% Niacin 4mg 21%

Vitamin B6 1mg 38% Vitamin B12 0µg 0%

Pantothenic acid 2mg 16% Folate 496µg 124%

Phosphorus 497mg 50% Magnesium 203mg 51%

Zinc 3mg Selenium 4µg

Copper 1mg Manganese 2mg

* 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 283g

Energy 434kcal

Energy 1813kJ

Protein 27g 53%

Total lipid (fat) 5g 8%

Ash 6g

Carbohydrate, by difference 26%

77g

Fiber, total dietary 29g 115%

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 3g

Starch 2g

Calcium, Ca 217mg 22%

Iron, Fe 10mg 53%

Magnesium, Mg 203mg 51%

Phosphorus, P 497mg 50%

Potassium, K 2143mg 61%

Sodium, Na 88mg 4%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 4µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 112%

67mg **Thiamin 1mg 45%**

Niacin 4mg 21%

Pantothenic acid 2mg 16%

Vitamin B-6 1mg 38%

Folate, total 496µg

Folate, food 496µg 124%

Folate, DFE 496µg

Choline, total 34mg

Betaine 16mg

Vitamin A, RAE 292µg

Carotene, beta 3354µg

Carotene, alpha 148µg

Cryptoxanthin, beta 140µg

Vitamin A, IU 5831IU **117%**

Lycopene 3223µg

Lutein + zeaxanthin 4931µg

Vitamin E (alpha-tocopherol) **8%**

2mg

Vitamin K (phylloquinone) **335%**

268µg

Fatty acids, total saturated 1g **4%**

16:0 1g

Fatty acids, total

monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 131mg

Campesterol 1mg

Beta-sitosterol 16mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 2g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 3g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g