

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 476**

Calories from Fat 63

% Daily Value\*

**Total Fat 7g 11%**

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol 11mg 4%**

**Sodium 95mg 4%**

**Total Carbohydrates 79g 26%**

Dietary Fiber 17g 67%

Sugars 18g

**Protein 28g 55%**

Vitamin A 6972IU 139%    Vitamin C 84mg 140%

Calcium 126mg 13%    Iron 6mg 36%

Vitamin E 2mg 8%    Vitamin K 197µg 246%

Thiamin 1mg 41%    Riboflavin 0mg 20%

Vitamin D 1IU 0%    Niacin 4mg 22%

Vitamin B6 1mg 49%    Vitamin B12 0µg 1%

Pantothenic acid 2mg 21%    Folate 618µg 155%

Phosphorus 354mg 35%    Magnesium 118mg 29%

Zinc 4mg    Selenium 5µg

Copper 1mg    Manganese 22mg

\* 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 215g**

**Energy 476kcal**

**Energy 1991kJ**

**Protein 28g 55%**

**Total lipid (fat) 7g 11%**

**Ash 5g**

**Carbohydrate, by difference 26%**

79g

**Fiber, total dietary 17g 67%**

**Sugars, total 18g**

**Sucrose 1g**

**Glucose (dextrose) 3g**

**Fructose 3g**

**Calcium, Ca 126mg 13%**

**Iron, Fe 6mg 36%**

**Magnesium, Mg 118mg 29%**

**Phosphorus, P 354mg 35%**

**Potassium, K 1338mg 38%**

**Sodium, Na 95mg 4%**

**Zinc, Zn 4mg**

**Copper, Cu 1mg**

**Manganese, Mn 22mg**

**Selenium, Se 5µg**

**Fluoride, F 3µg**

**Vitamin C, total ascorbic acid 140%**

84mg

**Thiamin 1mg 41%**

**Niacin 4mg 22%**

**Pantothenic acid 2mg 21%**

**Vitamin B-6 1mg 49%**

**Folate, total 618µg**

**Folate, food 618µg 155%**

**Folate, DFE 618µg**

**Choline, total 128mg**

**Betaine** 1mg  
**Vitamin A, RAE** 349µg

**Retinol** 1µg

**Carotene, beta** 3622µg

**Carotene, alpha** 919µg

**Cryptoxanthin, beta** 199µg

**Vitamin A, IU** 6972IU **139%**

**Lycopene** 3406µg

**Lutein + zeaxanthin** 838µg

**Vitamin E (alpha-tocopherol)** **8%**  
2mg

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

**Vitamin K (phylloquinone)** **246%**  
197µg

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

**16:0** 1g

**Fatty acids, total monounsaturated** 2g

**18:1 undifferentiated** 2g

**Fatty acids, total polyunsaturated** 3g

**18:2 undifferentiated** 3g

**Cholesterol** 11mg **4%**

**Phytosterols** 12mg

**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** 5g

**Glycine** 1g

**Proline** 1g

**Serine** 1g