

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