

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 715

Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 2g **9%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 309mg **13%**

Total Carbohydrates 128g **43%**

Dietary Fiber 24g **96%**

Sugars 8g

Protein 34g **69%**

Vitamin A 1938IU 39% Vitamin C 7mg 11%

Calcium 162mg 16% Iron 9mg 50%

Vitamin E 1mg 3% Vitamin K 43µg 54%

Thiamin 1mg 87% Riboflavin 0mg 27%

Vitamin D 11IU 3% Niacin 8mg 39%

Vitamin B6 1mg 46% Vitamin B12 0µg 0%

Pantothenic acid 3mg 30% Folate 491µg 123%

Phosphorus 717mg 72% Magnesium 307mg 77%

Zinc 7mg Selenium 44µg

Copper 2mg Manganese 4mg

* 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 158g

Energy 715kcal

Energy 2988kJ

Protein 34g **69%**

Total lipid (fat) 10g **16%**

Ash 6g

Carbohydrate, by difference 128g **43%**

Fiber, total dietary 24g **96%**

Sugars, total 8g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 1g

Starch 3g

Calcium, Ca 162mg **16%**

Iron, Fe 9mg **50%**

Magnesium, Mg 307mg **77%**

Phosphorus, P 717mg **72%**

Potassium, K 2069mg **59%**

Sodium, Na 309mg **13%**

Zinc, Zn 7mg

Copper, Cu 2mg

Manganese, Mn 4mg

Selenium, Se 44µg

Vitamin C, total ascorbic acid 7mg **11%**

Thiamin 1mg **87%**

Niacin 8mg **39%**

Pantothenic acid 3mg **30%**

Vitamin B-6 1mg **46%**

Folate, total 491µg

Folate, food 491µg **123%**

Folate, DFE 491µg

Choline, total 97mg

Betaine	1mg	
Vitamin A, RAE	96µg	
Carotene, beta	1147µg	
Carotene, alpha	15µg	
Cryptoxanthin, beta	2µg	
Vitamin A, IU	1938IU	39%
Lycopene	386µg	
Lutein + zeaxanthin	480µg	
Vitamin E (alpha-tocopherol)	1mg	3%
Tocopherol, gamma	1mg	
Vitamin D	11IU	3%
Vitamin K (phylloquinone)	43µg	54%
Fatty acids, total saturated	2g	9%
16:0	1g	
18:0	1g	
Fatty acids, total monounsaturated	4g	
18:1 undifferentiated	4g	
Fatty acids, total polyunsaturated	3g	
18:2 undifferentiated	2g	
Phytosterols	13mg	
Campesterol	3mg	
Beta-sitosterol	16mg	
Threonine	1g	
Isoleucine	1g	
Leucine	3g	
Lysine	2g	
Methionine	1g	
Phenylalanine	2g	
Tyrosine	1g	
Valine	2g	
Arginine	2g	
Histidine	1g	
Alanine	1g	
Aspartic acid	4g	
Glutamic acid	7g	
Glycine	1g	
Proline	2g	
Serine	2g	