

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 216

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 85mg 4%

Total Carbohydrates 39g 13%

Dietary Fiber 6g **24%**

Sugars 16g

Protein 8g 16%

Vitamin A 1787IU 36% Vitamin C 62mg 103%

Calcium 70mg 7% Iron 2mg 9%

Vitamin E 1mg 4% Vitamin K 73µg 91%

Thiamin 0mg 8% Riboflavin 0mg 13%

Vitamin D 1IU 0% Niacin 3mg 15%

Vitamin B6 0mg 18% Vitamin B12 0µg 0%

Pantothenic acid 1mg 11% Folate 73µg 18%

Phosphorus 208mg 21% Magnesium 82mg 21%

Zinc 2mg Selenium 4µg

Copper 0mg 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 147g

Energy 216kcal

Energy 798kJ

Protein 8g 16%

Total lipid (fat) 5g 8%

Ash 2g

Carbohydrate, by difference 13%

39g

Fiber, total dietary 6g 24%

Sugars, total 16g

Sucrose 1g

Glucose (dextrose) 5g

Fructose 5g

Calcium, Ca 70mg 7%

Iron, Fe 2mg 9%

Magnesium, Mg 82mg 21%

Phosphorus, P 208mg 21%

Potassium, K 498mg 14%

Sodium, Na 85mg 4%

Zinc, Zn 2mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 25µg

Vitamin C, total ascorbic acid 103%

62mg

Niacin 3mg 15%

Pantothenic acid 1mg 11%

Folate, total 80µg

Folate, food 73µg 18%

Folate, DFE 73µg

Choline, total 25mg

Betaine 2mg

Vitamin A, RAE 45µg

Carotene, beta 477µg

Carotene, alpha 27µg
Cryptoxanthin, beta 93µg

Vitamin A, IU 1787IU **36%**

Lutein + zeaxanthin 570µg

Vitamin E (alpha-tocopherol) **4%**
1mg

Tocopherol, gamma 2mg

Vitamin D 1IU **0%**

Vitamin K (phylloquinone) 73µg **91%**

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

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 3g

18:2 n-6 c,c 3g

Phytosterols 10mg

Campesterol 1mg

Beta-sitosterol 9mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g