

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 488

Calories from Fat 72

% Daily Value*

Total Fat 8g 13%

Saturated Fat 2g **8%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 274mg 11%

Total Carbohydrates 84g 28%

Dietary Fiber 19g **74%**

Sugars 7g

Protein 26g 53%

Vitamin A 2919IU 58% Vitamin C 48mg 80%

Calcium 149mg 15% Iron 8mg 47%

Vitamin E 2mg 8% Vitamin K 83µg 104%

Thiamin 1mg 44% Riboflavin 0mg 26%

Vitamin D 4IU 1% Niacin 6mg 31%

Vitamin B6 1mg 44% Vitamin B12 0µg 0%

Pantothenic acid 2mg 23% Folate 653µg 163%

Phosphorus 590mg 59% Magnesium 211mg 53%

Zinc 7mg Selenium 16µg

Copper 2mg 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 276g

Energy 488kcal

Energy 2041kJ

Protein 26g 53%

Total lipid (fat) 8g 13%

Ash 6g

Carbohydrate, by difference 28%

84g

Fiber, total dietary 19g 74%

Sugars, total 7g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 2g

Starch 3g

Calcium, Ca 149mg 15%

Iron, Fe 8mg 47%

Magnesium, Mg 211mg 53%

Phosphorus, P 590mg 59%

Potassium, K 2028mg 58%

Sodium, Na 274mg 11%

Zinc, Zn 7mg

Copper, Cu 2mg

Manganese, Mn 2mg

Selenium, Se 16µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 80%

48mg Thiamin 1mg 44%

Niacin 6mg 31%

Pantothenic acid 2mg 23%

Vitamin B-6 1mg 44%

Folate, total 652µg

Folate, food 653µg 163%

Folate, DFE 653µg

Choline, total 23mg

Betaine 3mg

Vitamin A, RAE 140µg

Carotene, beta 1501µg

Carotene, alpha 176µg

Cryptoxanthin, beta 155µg

Vitamin A, IU 2919IU **58%**

Lycopene 1918µg

Lutein + zeaxanthin 3373µg

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

2mg

Tocopherol, gamma 1mg

Vitamin D 4IU **1%**

Vitamin K (phylloquinone) 83µg **104%**

Dihydrophylloquinone 1µg

Fatty acids, total saturated 2g **8%**

16:0 1g

Fatty acids, total

monounsaturated 4g

18:1 undifferentiated 4g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 94mg

Campesterol 2mg

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