

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 265

Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 83mg 28%

Sodium 131mg 5%

Total Carbohydrates 25g 8%

Dietary Fiber 5g **19%**

Sugars 8g

Protein 31g 61%

Vitamin A 4064IU 81% Vitamin C 142mg 236%

Calcium 73mg 7% Iron 2mg 10%

Vitamin E 2mg 7% Vitamin K 119µg 149%

Thiamin 0mg 19% Riboflavin 0mg 25%

Vitamin D 2IU 0% Niacin 13mg 64%

Vitamin B6 1mg 65% Vitamin B12 0µg 4%

Pantothenic acid 3mg 28% Folate 115µg 29%

Phosphorus 365mg 36% Magnesium 81mg 20%

Zinc 2mg Selenium 30µg

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 267g

Energy 265kcal

Energy 1108kJ

Protein 31g 61%

Total lipid (fat) 6g 9%

Ash 3g

Carbohydrate, by difference 25g 8%

Fiber, total dietary 5g 19%

Sugars, total 8g

Sucrose 2g

Glucose (dextrose) 3g

Fructose 3g

Starch 1g

Calcium, Ca 73mg 7%

Iron, Fe 2mg 10%

Magnesium, Mg 81mg 20%

Phosphorus, P 365mg 36%

Potassium, K 993mg 28%

Sodium, Na 131mg 5%

Zinc, Zn 2mg

Manganese, Mn 1mg

Selenium, Se 30µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 142mg 236%

Niacin 13mg 64%

Pantothenic acid 3mg 28%

Vitamin B-6 1mg 65%

Folate, total 115µg

Folate, food 115µg 29%

Folate, DFE 115µg

Choline, total 124mg

Betaine 9mg

Vitamin A, RAE 210µg

Retinol 8µg

Carotene, beta 2055µg

Carotene, alpha 591µg

Cryptoxanthin, beta 113µg

Vitamin A, IU 4064IU **81%**

Lutein + zeaxanthin 1759µg

Vitamin E (alpha-tocopherol) **7%**

2mg

Vitamin D 2IU **0%**

Vitamin K (phylloquinone) **149%**

119µg

Fatty acids, total saturated 1g **5%**

16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 1g

18:1 c 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Cholesterol 83mg **28%**

Phytosterols 16mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 3g

Methionine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 2g

Arginine 2g

Histidine 1g

Alanine 2g

Aspartic acid 3g

Glutamic acid 5g

Glycine 1g

Proline 1g

Serine 1g