

## 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