

Nutrition Facts

Serving Size

Serving Per Recipe About 4

Amount Per Serving

Calories 335

Calories from Fat 81

% Daily Value*

Total Fat 9g 14%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 473mg 20%

Total Carbohydrates 59g 20%

Dietary Fiber 6g 24%

Sugars 53g

Protein 5g 10%

Vitamin A 3863IU 77% Vitamin C 34mg 56%

Calcium 1393mg 139% Iron 3mg 18%

Vitamin E 21mg 71% Vitamin K 112µg 140%

Thiamin 0mg 13% Riboflavin 1mg 80%

Vitamin D 310IU 77% Niacin 2mg 8%

Vitamin B6 0mg 6% Vitamin B12 9µg 150%

Pantothenic acid 0mg 3% Folate 65µg 16%

Phosphorus 110mg 11% Magnesium 90mg 23%

Zinc 5mg Selenium 2µg

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 785g

Energy 335kcal

Energy 1388kJ

Protein 5g 10%

Total lipid (fat) 9g 14%

Ash 3g

Carbohydrate, by difference 20%

59g

Fiber, total dietary 6g 24%

Sugars, total 53g

Sucrose 4g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 1393mg 139%

Iron, Fe 3mg 18%

Magnesium, Mg 90mg 23%

Phosphorus, P 110mg 11%

Potassium, K 711mg 20%

Sodium, Na 473mg 20%

Zinc, Zn 5mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid 56%

34mg

Riboflavin 1mg 80%

Niacin 2mg 8%

Folate, total 65µg

Folate, food 65µg 16%

Folate, DFE 65µg

Choline, total 20mg

Betaine 23mg

Vitamin B-12 9µg 150%

Vitamin B-12, added 9µg

Vitamin A, RAE 572µg

Retinol 454µg

Carotene, beta 1393µg

Cryptoxanthin, beta 52µg

Vitamin A, IU 3863IU **77%**

Lutein + zeaxanthin 2841µg

Vitamin E (alpha-tocopherol) **71%**
21mg

Vitamin E, added 20mg

Tocopherol, gamma 1mg

Vitamin D 310IU **77%**

Vitamin K (phylloquinone) **140%**
112µg

Fatty acids, total monounsaturated 5g

18:1 undifferentiated 5g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

18:3 undifferentiated 1g

Phytosterols 14mg

Campesterol 1mg

Beta-sitosterol 2mg