

# Nutrition Facts

Serving Size

Serving Per Recipe About 1

**Amount Per Serving**

**Calories 358**

Calories from Fat 162

% Daily Value\*

**Total Fat 18g 28%**

Saturated Fat 4g 18%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 254mg 11%**

**Total Carbohydrates 47g 16%**

Dietary Fiber 8g 32%

Sugars 24g

**Protein 11g 21%**

Vitamin A 3138IU 63%      Vitamin C 19mg 31%

Calcium 285mg 29%      Iron 3mg 16%

Vitamin E 6mg 20%      Vitamin K 146µg 182%

Thiamin 0mg 8%      Riboflavin 0mg 24%

Vitamin D 52IU 13%      Niacin 5mg 27%

Vitamin B6 1mg 34%      Vitamin B12 2µg 25%

Pantothenic acid 1mg 8%      Folate 96µg 24%

Phosphorus 197mg 20%      Magnesium 148mg 37%

Zinc 2mg      Selenium 15µg

Copper 1mg      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 227g**

**Energy 358kcal**

**Energy 1495kJ**

**Protein 11g 21%**

**Total lipid (fat) 18g 28%**

**Ash 3g**

**Carbohydrate, by difference 16%**

47g

**Fiber, total dietary 8g 32%**

**Sugars, total 24g**

**Sucrose 4g**

**Glucose (dextrose) 7g**

**Fructose 6g**

**Starch 8g**

**Calcium, Ca 285mg 29%**

**Iron, Fe 3mg 16%**

**Magnesium, Mg 148mg 37%**

**Phosphorus, P 197mg 20%**

**Potassium, K 922mg 26%**

**Sodium, Na 254mg 11%**

**Zinc, Zn 2mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 15µg**

**Fluoride, F 4µg**

**Vitamin C, total ascorbic acid 31%**

19mg  
**Niacin 5mg 27%**

**Pantothenic acid 1mg 8%**

**Vitamin B-6 1mg 34%**

**Folate, total 96µg**

**Folate, food 96µg 24%**

**Folate, DFE 96µg**

**Choline, total 40mg**

<b>Betaine</b> 31mg	
<b>Vitamin B-12</b> 2µg	<b>25%</b>
<b>Vitamin B-12, added</b> 2µg	
<b>Vitamin A, RAE</b> 220µg	
<b>Retinol</b> 76µg	
<b>Carotene, beta</b> 1718µg	
<b>Carotene, alpha</b> 30µg	
<b>Vitamin A, IU</b> 3138IU	<b>63%</b>
<b>Lutein + zeaxanthin</b> 3687µg	
<b>Vitamin E (alpha-tocopherol)</b> 6mg	<b>20%</b>
<b>Vitamin E, added</b> 3mg	
<b>Tocopherol, gamma</b> 3mg	
<b>Vitamin D</b> 52IU	<b>13%</b>
<b>Vitamin K (phylloquinone)</b> 146µg	<b>182%</b>
<b>Fatty acids, total saturated</b> 4g	<b>18%</b>
<b>16:0</b> 2g	
<b>18:0</b> 1g	
<b>22:0</b> 1g	
<b>Fatty acids, total monounsaturated</b> 8g	
<b>18:1 undifferentiated</b> 7g	
<b>Fatty acids, total polyunsaturated</b> 4g	
<b>18:2 undifferentiated</b> 4g	
<b>Phytosterols</b> 22mg	
<b>Leucine</b> 1g	
<b>Phenylalanine</b> 1g	
<b>Arginine</b> 1g	
<b>Aspartic acid</b> 1g	
<b>Glutamic acid</b> 2g	
<b>Glycine</b> 1g	
<b>Proline</b> 1g	
<b>Serine</b> 1g	
<b>Caffeine</b> 12mg	
<b>Theobromine</b> 111mg	