

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 418

Calories from Fat 81

% Daily Value*

Total Fat 9g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 181mg 8%

Total Carbohydrates 68g 23%

Dietary Fiber 16g 65%

Sugars 13g

Protein 23g 46%

Vitamin A 5295IU 106% Vitamin C 182mg 303%

Calcium 187mg 19% Iron 6mg 33%

Vitamin E 2mg 5% Vitamin K 312µg 390%

Thiamin 1mg 42% Riboflavin 0mg 27%

Vitamin D 13IU 3% Niacin 9mg 45%

Vitamin B6 1mg 45% Vitamin B12 0µg 1%

Pantothenic acid 3mg 31% Folate 582µg 146%

Phosphorus 514mg 51% Magnesium 149mg 37%

Zinc 5mg Selenium 28µg

Copper 2mg Manganese 9mg

* 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 324g

Energy 418kcal

Energy 1748kJ

Protein 23g 46%

Total lipid (fat) 9g 13%

Ash 6g

Carbohydrate, by difference 23%

68g

Fiber, total dietary 16g 65%

Sugars, total 13g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 2g

Calcium, Ca 187mg 19%

Iron, Fe 6mg 33%

Magnesium, Mg 149mg 37%

Phosphorus, P 514mg 51%

Potassium, K 1798mg 51%

Sodium, Na 181mg 8%

Zinc, Zn 5mg

Copper, Cu 2mg

Manganese, Mn 9mg

Selenium, Se 28µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 303%

182mg

Thiamin 1mg 42%

Niacin 9mg 45%

Pantothenic acid 3mg 31%

Vitamin B-6 1mg 45%

Folate, total 582µg

Folate, food 582µg 146%

Folate, DFE 582µg

Choline, total 78mg

Betaine 8mg
Vitamin A, RAE 265µg

Carotene, beta 3076µg

Carotene, alpha 53µg

Cryptoxanthin, beta 142µg

Vitamin A, IU 5295IU **106%**

Lycopene 585µg

Lutein + zeaxanthin 3591µg

Vitamin E (alpha-tocopherol) **5%**
2mg

Tocopherol, gamma 2mg

Vitamin D 13IU **3%**

Vitamin K (phylloquinone) **390%**
312µg

Dihydrophylloquinone 2µg

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

16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 4g

18:2 undifferentiated 3g

18:2 n-6 c,c 1g

18:3 undifferentiated 1g

Phytosterols 56mg

Campesterol 4mg

Beta-sitosterol 7mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 2g

Histidine 1g

Alanine 1g

Aspartic acid 2g

Glutamic acid 4g

Glycine 1g

Proline 1g

Serine 1g