

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 282**

Calories from Fat 45

% Daily Value\*

**Total Fat 5g 8%**

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 95mg 4%**

**Total Carbohydrates 54g 18%**

Dietary Fiber 5g 18%

Sugars 8g

**Protein 7g 14%**

Vitamin A 7010IU 140%    Vitamin C 51mg 85%

Calcium 111mg 11%    Iron 3mg 15%

Vitamin E 1mg 2%    Vitamin K 45µg 56%

Thiamin 0mg 22%    Riboflavin 0mg 9%

Vitamin D 0IU 0%    Niacin 3mg 17%

Vitamin B6 1mg 27%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 11%    Folate 67µg 17%

Phosphorus 241mg 24%    Magnesium 110mg 27%

Zinc 2mg    Selenium 15µg

Copper 0mg    Manganese 2mg

\* 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 117g

Energy 282kcal

Energy 1170kJ

Protein 7g 14%

Total lipid (fat) 5g 8%

Ash 2g

Carbohydrate, by difference 18%

54g

Fiber, total dietary 5g 18%

Sugars, total 8g

Sucrose 3g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 111mg 11%

Iron, Fe 3mg 15%

Magnesium, Mg 110mg 27%

Phosphorus, P 241mg 24%

Potassium, K 471mg 13%

Sodium, Na 95mg 4%

Zinc, Zn 2mg

Manganese, Mn 2mg

Selenium, Se 15µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 85%

51mg

Niacin 3mg 17%

Pantothenic acid 1mg 11%

Vitamin B-6 1mg 27%

Folate, total 67µg

Folate, food 67µg 17%

Folate, DFE 67µg

Choline, total 26mg

Betaine 8mg

Vitamin A, RAE 350µg

**Carotene, beta** 3164µg

**Carotene, alpha** 1118µg

**Cryptoxanthin, beta** 1µg

**Vitamin A, IU** 7010IU **140%**

**Lutein + zeaxanthin** 1090µg

**Vitamin E (alpha-tocopherol)** 2%  
1mg

**Vitamin K (phylloquinone)** 45µg **56%**

**Fatty acids, total saturated** 1g **4%**

**16:0** 1g

**Fatty acids, total monounsaturated** 2g

**18:1 undifferentiated** 2g

**Fatty acids, total polyunsaturated** 2g

**18:2 undifferentiated** 2g

**Phytosterols** 47mg

**Leucine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 1g