

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