

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories** 198

Calories from Fat 45

% Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 2g **11%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 282mg **12%**

**Total Carbohydrates** 33g **11%**

Dietary Fiber 8g **33%**

Sugars 8g

**Protein** 8g **17%**

Vitamin A 3398IU 68%      Vitamin C 87mg 144%

Calcium 148mg 15%      Iron 3mg 14%

Vitamin E 2mg 7%      Vitamin K 73µg 91%

Thiamin 0mg 32%      Riboflavin 0mg 22%

Vitamin D 9IU 2%      Niacin 7mg 35%

Vitamin B6 1mg 31%      Vitamin B12 0µg 1%

Pantothenic acid 1mg 14%      Folate 133µg 33%

Phosphorus 300mg 30%      Magnesium 64mg 16%

Zinc 2mg      Selenium 32µg

Copper 0mg      Manganese 0mg

\* 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** 260g

**Energy** 198kcal

**Energy** 829kJ

**Protein** 8g **17%**

**Total lipid (fat)** 5g **8%**

**Ash** 4g

**Carbohydrate, by difference** 11%

33g

**Fiber, total dietary** 8g **33%**

**Sugars, total** 8g

**Glucose (dextrose)** 4g

**Fructose** 3g

**Calcium, Ca** 148mg **15%**

**Iron, Fe** 3mg **14%**

**Magnesium, Mg** 64mg **16%**

**Phosphorus, P** 300mg **30%**

**Potassium, K** 906mg **26%**

**Sodium, Na** 282mg **12%**

**Zinc, Zn** 2mg

**Selenium, Se** 32µg

**Fluoride, F** 1µg

**Vitamin C, total ascorbic acid** 144%

87mg

**Niacin** 7mg **35%**

**Pantothenic acid** 1mg **14%**

**Vitamin B-6** 1mg **31%**

**Folate, total** 133µg

**Folate, food** 133µg **33%**

**Folate, DFE** 133µg

**Choline, total** 42mg

**Betaine** 5mg

**Vitamin A, RAE** 169µg

**Carotene, beta** 1854µg

**Carotene, alpha** 72µg

<b>Cryptoxanthin, beta</b>	279µg	
<b>Vitamin A, IU</b>	3398IU	<b>68%</b>
<b>Lycopene</b>	875µg	
<b>Lutein + zeaxanthin</b>	1370µg	
<b>Vitamin E (alpha-tocopherol)</b>	2mg	<b>7%</b>
<b>Vitamin D</b>	9IU	<b>2%</b>
<b>Vitamin K (phylloquinone)</b>	73µg	<b>91%</b>
<b>Dihydrophylloquinone</b>	2µg	
<b>Fatty acids, total saturated</b>	2g	<b>11%</b>
16:0	1g	
18:0	1g	
<b>Fatty acids, total monounsaturated</b>	1g	
18:1 undifferentiated	1g	
<b>Fatty acids, total polyunsaturated</b>	1g	
18:2 undifferentiated	1g	
<b>Phytosterols</b>	7mg	
<b>Stigmasterol</b>	1mg	
<b>Campesterol</b>	2mg	
<b>Aspartic acid</b>	1g	
<b>Glutamic acid</b>	2g	
<b>Proline</b>	1g	