

## Nutrition Facts

Serving Size

Serving Per Recipe About 1

Amount Per Serving

**Calories** 451

Calories from Fat 189

% Daily Value\*

**Total Fat** 21g **33%**

Saturated Fat 2g **10%**

Trans Fat 0g

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

**Sodium** 64mg **3%**

**Total Carbohydrates** 56g **19%**

Dietary Fiber 10g **41%**

Sugars 12g

**Protein** 16g **32%**

Vitamin A 5697IU 114%    Vitamin C 67mg 112%

Calcium 129mg 13%    Iron 6mg 33%

Vitamin E 15mg 49%    Vitamin K 292µg 365%

Thiamin 1mg 50%    Riboflavin 0mg 25%

Vitamin D 0IU 0%    Niacin 5mg 23%

Vitamin B6 1mg 52%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 11%    Folate 304µg 76%

Phosphorus 486mg 49%    Magnesium 273mg 68%

Zinc 4mg    Selenium 24µg

Copper 1mg    Manganese 3mg

\* 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** 412g

**Energy** 451kcal

**Energy** 1890kJ

**Protein** 16g **32%**

**Total lipid (fat)** 21g **33%**

**Ash** 4g

**Carbohydrate, by difference** **19%**

56g

**Fiber, total dietary** 10g **41%**

**Sugars, total** 12g

**Sucrose** 3g

**Glucose (dextrose)** 5g

**Fructose** 5g

**Starch** 25g

**Calcium, Ca** 129mg **13%**

**Iron, Fe** 6mg **33%**

**Magnesium, Mg** 273mg **68%**

**Phosphorus, P** 486mg **49%**

**Potassium, K** 1127mg **32%**

**Sodium, Na** 64mg **3%**

**Zinc, Zn** 4mg

**Copper, Cu** 1mg

**Manganese, Mn** 3mg

**Selenium, Se** 24µg

**Fluoride, F** 173µg

**Vitamin C, total ascorbic acid** **112%**

67mg **Thiamin** 1mg **50%**

**Niacin** 5mg **23%**

**Pantothenic acid** 1mg **11%**

**Vitamin B-6** 1mg **52%**

**Folate, total** 304µg

**Folate, food** 304µg **76%**

**Folate, DFE** 304µg

**Choline, total** 71mg

**Betaine** 342mg

**Vitamin A, RAE** 285µg

**Carotene, beta** 3410µg

**Carotene, alpha** 15µg

**Vitamin A, IU** 5697IU **114%**

**Lutein + zeaxanthin** 7421µg

**Vitamin E (alpha-tocopherol)** **49%**

15mg

**Tocopherol, gamma** 2mg

**Vitamin K (phylloquinone)** **365%**

292µg

**Fatty acids, total saturated** 2g **10%**

**16:0** 1g

**18:0** 1g

**Fatty acids, total**

**monounsaturated** 7g

**18:1 undifferentiated** 7g

**Fatty acids, total**

**polyunsaturated** 10g

**18:2 undifferentiated** 9g

**Phytosterols** 211mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 2g

**Glutamic acid** 3g

**Glycine** 1g

**Proline** 1g

**Serine** 1g