

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 500

Calories from Fat 99

% Daily Value\*

**Total Fat** 11g **16%**

Saturated Fat 1g **7%**

Trans Fat 0g

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

**Sodium** 358mg **15%**

**Total Carbohydrates** 81g **27%**

Dietary Fiber 15g **60%**

Sugars 17g

**Protein** 25g **50%**

Vitamin A 13911IU 278%    Vitamin C 54mg 91%

Calcium 145mg 14%    Iron 6mg 34%

Vitamin E 2mg 7%    Vitamin K 62µg 77%

Thiamin 1mg 43%    Riboflavin 0mg 20%

Vitamin D 0IU 0%    Niacin 3mg 14%

Vitamin B6 1mg 48%    Vitamin B12 0µg 0%

Pantothenic acid 2mg 20%    Folate 615µg 154%

Phosphorus 370mg 37%    Magnesium 138mg 34%

Zinc 4mg    Selenium 3µg

Copper 1mg    Manganese 22mg

\* 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 203g

Energy 500kcal

Energy 2088kJ

Protein 25g **50%**

Total lipid (fat) 11g **16%**

Ash 6g

Carbohydrate, by difference 27%

81g

Fiber, total dietary 15g **60%**

Sugars, total 17g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 145mg **14%**

Iron, Fe 6mg **34%**

Magnesium, Mg 138mg **34%**

Phosphorus, P 370mg **37%**

Potassium, K 1333mg **38%**

Sodium, Na 358mg **15%**

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 22mg

Selenium, Se 3µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid **91%**

54mg

Thiamin 1mg **43%**

Niacin 3mg **14%**

Pantothenic acid 2mg **20%**

Vitamin B-6 1mg **48%**

Folate, total 615µg

Folate, food 615µg **154%**

Folate, DFE 615µg

Choline, total 117mg

Betaine 8mg

**Vitamin A, RAE** 695µg  
**Carotene, beta** 6656µg

**Carotene, alpha** 2734µg

**Vitamin A, IU** 13911IU **278%**

**Lycopene** 7003µg

**Lutein + zeaxanthin** 1218µg

**Vitamin E (alpha-tocopherol)** **7%**  
2mg

**Vitamin K (phylloquinone)** 62µg **77%**

**Fatty acids, total saturated** 1g **7%**

**16:0** 1g

**Fatty acids, total monounsaturated** 4g

**18:1 undifferentiated** 4g

**Fatty acids, total polyunsaturated** 4g

**18:2 undifferentiated** 3g

**Phytosterols** 9mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 2g

**Lysine** 2g

**Phenylalanine** 1g

**Tyrosine** 1g

**Valine** 1g

**Arginine** 2g

**Histidine** 1g

**Alanine** 1g

**Aspartic acid** 3g

**Glutamic acid** 4g

**Glycine** 1g

**Proline** 1g

**Serine** 1g