

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 247

Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 36mg 2%

Total Carbohydrates 37g 12%

Dietary Fiber 7g 27%

Sugars 5g

Protein 9g 18%

Vitamin A 1368IU 27% Vitamin C 23mg 39%

Calcium 73mg 7% Iron 3mg 16%

Vitamin E 2mg 7% Vitamin K 34µg 42%

Thiamin 0mg 16% Riboflavin 0mg 13%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 20% Vitamin B12 0µg 0%

Pantothenic acid 1mg 8% Folate 164µg 41%

Phosphorus 263mg 26% Magnesium 123mg 31%

Zinc 2mg Selenium 4µg

Copper 0mg Manganese 1mg

* 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 166g

Energy 247kcal

Energy 1034kJ

Protein 9g 18%

Total lipid (fat) 8g 12%

Ash 2g

Carbohydrate, by difference 37g 12%

Fiber, total dietary 7g 27%

Sugars, total 5g

Glucose (dextrose) 1g

Fructose 2g

Starch 22g

Calcium, Ca 73mg 7%

Iron, Fe 3mg 16%

Magnesium, Mg 123mg 31%

Phosphorus, P 263mg 26%

Potassium, K 762mg 22%

Sodium, Na 36mg 2%

Zinc, Zn 2mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 4µg

Vitamin C, total ascorbic acid 23mg 39%

Niacin 2mg 9%

Pantothenic acid 1mg 8%

Folate, total 164µg

Folate, food 164µg 41%

Folate, DFE 164µg

Choline, total 46mg

Betaine 305mg

Vitamin A, RAE 69µg

Carotene, beta 764µg

Carotene, alpha 108µg

Cryptoxanthin, beta	6µg	
Vitamin A, IU	1368IU	27%
Lycopene	2624µg	
Lutein + zeaxanthin	958µg	
Vitamin E (alpha-tocopherol)	2mg	7%
Tocopherol, gamma	3mg	
Vitamin K (phylloquinone)	34µg	42%
Fatty acids, total saturated	1g	5%
16:0	1g	
Fatty acids, total monounsaturated	3g	
18:1 undifferentiated	3g	
Fatty acids, total polyunsaturated	4g	
18:2 undifferentiated	3g	
18:3 undifferentiated	1g	
Phytosterols	14mg	
Campesterol	1mg	
Beta-sitosterol	17mg	
Arginine	1g	
Aspartic acid	1g	
Glutamic acid	2g	