

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 288**

Calories from Fat 27

% Daily Value\*

**Total Fat 3g 4%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 260mg 11%**

**Total Carbohydrates 53g 18%**

Dietary Fiber 11g **45%**

Sugars 5g

**Protein 16g 33%**

Vitamin A 579IU 12%      Vitamin C 16mg 27%

Calcium 115mg 12%      Iron 5mg 28%

Vitamin E 2mg 6%      Vitamin K 11µg 13%

Thiamin 1mg 40%      Riboflavin 0mg 19%

Vitamin D 2IU 0%      Niacin 3mg 17%

Vitamin B6 0mg 23%      Vitamin B12 0µg 1%

Pantothenic acid 1mg 12%      Folate 273µg 68%

Phosphorus 330mg 33%      Magnesium 147mg 37%

Zinc 3mg      Selenium 7µg

Copper 1mg      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 143g

Energy 288kcal

Energy 1205kJ

Protein 16g **33%**

Adjusted Protein 1g

Total lipid (fat) 3g **4%**

Ash 4g

Carbohydrate, by difference 53g **18%**

Fiber, total dietary 11g **45%**

Sugars, total 5g

Glucose (dextrose) 2g

Fructose 2g

Starch 11g

Calcium, Ca 115mg **12%**

Iron, Fe 5mg **28%**

Magnesium, Mg 147mg **37%**

Phosphorus, P 330mg **33%**

Potassium, K 1178mg **34%**

Sodium, Na 260mg **11%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 7µg

Fluoride, F 13µg

Vitamin C, total ascorbic acid 16mg **27%**

Thiamin 1mg **40%**

Niacin 3mg **17%**

Pantothenic acid 1mg **12%**

Folate, total 273µg

Folate, food 273µg **68%**

Folate, DFE 273µg

Choline, total 62mg

Betaine 137mg

**Vitamin A, RAE** 29µg  
**Carotene, beta** 308µg

**Carotene, alpha** 5µg

**Cryptoxanthin, beta** 64µg

**Vitamin A, IU** 579IU **12%**

**Lycopene** 2317µg

**Lutein + zeaxanthin** 299µg

**Vitamin E (alpha-tocopherol)** 2mg **6%**

**Tocopherol, gamma** 1mg

**Vitamin D** 2IU **0%**

**Vitamin K (phylloquinone)** 11µg **13%**

**Fatty acids, total**

**monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total**

**polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 6mg

**Campesterol** 1mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 2g

**Glutamic acid** 2g

**Glycine** 1g

**Proline** 1g

**Serine** 1g