

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 298

Calories from Fat 117

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 18mg **1%**

Total Carbohydrates 45g **15%**

Dietary Fiber 16g **64%**

Sugars 21g

Protein 8g **16%**

Vitamin A 2512IU 50% Vitamin C 68mg 114%

Calcium 141mg 14% Iron 2mg 14%

Vitamin E 6mg 22% Vitamin K 192µg 240%

Thiamin 0mg 15% Riboflavin 0mg 21%

Vitamin D 0IU 0% Niacin 3mg 13%

Vitamin B6 0mg 22% Vitamin B12 0µg 0%

Pantothenic acid 1mg 9% Folate 89µg 22%

Phosphorus 198mg 20% Magnesium 128mg 32%

Zinc 2mg Selenium 3µg

Copper 1mg Manganese 2mg

* 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 356g

Energy 298kcal

Energy 1251kJ

Protein 8g **16%**

Total lipid (fat) 13g **20%**

Ash 3g

Carbohydrate, by difference 15%

45g

Fiber, total dietary 16g **64%**

Sugars, total 21g

Sucrose 2g

Glucose (dextrose) 5g

Fructose 6g

Starch 3g

Calcium, Ca 141mg **14%**

Iron, Fe 2mg **14%**

Magnesium, Mg 128mg **32%**

Phosphorus, P 198mg **20%**

Potassium, K 729mg **21%**

Sodium, Na 18mg **1%**

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 3µg

Fluoride, F 86µg

Vitamin C, total ascorbic acid 114%

68mg **Niacin** 3mg **13%**

Pantothenic acid 1mg **9%**

Folate, total 89µg

Folate, food 89µg **22%**

Folate, DFE 89µg

Choline, total 38mg

Betaine 1mg

Vitamin A, RAE 126µg
Carotene, beta 1474µg

Carotene, alpha 47µg

Cryptoxanthin, beta 19µg

Vitamin A, IU 2512IU **50%**

Lutein + zeaxanthin 2234µg

Vitamin E (alpha-tocopherol) **22%**
6mg

Tocopherol, gamma 3mg

Tocopherol, delta 1mg

Vitamin K (phylloquinone) **240%**
192µg

Fatty acids, total saturated 1g **5%**

16:0 1g

Fatty acids, total monounsaturated 6g

18:1 undifferentiated 6g

18:1 c 6g

Fatty acids, total polyunsaturated 4g

18:2 undifferentiated 3g

18:2 n-6 c,c 2g

18:3 undifferentiated 1g

Phytosterols 9mg

Stigmasterol 1mg

Campesterol 3mg

Beta-sitosterol 28mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g