

## 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