

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 210**

Calories from Fat 54

% Daily Value\*

**Total Fat 6g 9%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol 52mg 17%**

**Sodium 148mg 6%**

**Total Carbohydrates 13g 4%**

Dietary Fiber 4g **18%**

Sugars 6g

**Protein 27g 55%**

Vitamin A 5476IU 110%    Vitamin C 64mg 106%

Calcium 114mg 11%    Iron 2mg 11%

Vitamin E 2mg 7%    Vitamin K 173µg 216%

Thiamin 0mg 15%    Riboflavin 0mg 20%

Vitamin D 507IU 127%    Niacin 11mg 55%

Vitamin B6 1mg 53%    Vitamin B12 5µg 79%

Pantothenic acid 2mg 18%    Folate 48µg 12%

Phosphorus 400mg 40%    Magnesium 73mg 18%

Zinc 1mg    Selenium 39µg

Copper 0mg    Manganese 0mg

\* 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 311g**

**Energy 210kcal**

**Energy 878kJ**

**Protein 27g 55%**

**Total lipid (fat) 6g 9%**

**Ash 4g**

**Carbohydrate, by difference 4%**

13g

**Fiber, total dietary 4g 18%**

**Sugars, total 6g**

**Sucrose 1g**

**Glucose (dextrose) 2g**

**Fructose 2g**

**Calcium, Ca 114mg 11%**

**Iron, Fe 2mg 11%**

**Magnesium, Mg 73mg 18%**

**Phosphorus, P 400mg 40%**

**Potassium, K 1095mg 31%**

**Sodium, Na 148mg 6%**

**Zinc, Zn 1mg**

**Selenium, Se 39µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 106%**

64mg

**Niacin 11mg 55%**

**Pantothenic acid 2mg 18%**

**Vitamin B-6 1mg 53%**

**Folate, total 48µg**

**Folate, food 48µg 12%**

**Folate, DFE 48µg**

**Choline, total 124mg**

**Betaine 2mg**

**Vitamin B-12 5µg 79%**

**Vitamin A, RAE 306µg**

<b>Retinol</b> 40µg	
<b>Carotene, beta</b> 2846µg	
<b>Carotene, alpha</b> 677µg	
<b>Cryptoxanthin, beta</b> 24µg	
<b>Vitamin A, IU</b> 5476IU	<b>110%</b>
<b>Lycopene</b> 1158µg	
<b>Lutein + zeaxanthin</b> 3332µg	
<b>Vitamin E (alpha-tocopherol)</b> 2mg	<b>7%</b>
<b>Vitamin D3 (cholecalciferol)</b> 12µg	
<b>Vitamin D</b> 507IU	<b>127%</b>
<b>Vitamin K (phylloquinone)</b> 173µg	<b>216%</b>
<b>Fatty acids, total saturated</b> 1g	<b>5%</b>
16:0 1g	
<b>Fatty acids, total monounsaturated</b> 2g	
18:1 undifferentiated 1g	
18:1 c 1g	
20:1 1g	
<b>Fatty acids, total polyunsaturated</b> 1g	
<b>Cholesterol</b> 52mg	<b>17%</b>
<b>Phytosterols</b> 9mg	
<b>Threonine</b> 1g	
<b>Isoleucine</b> 1g	
<b>Leucine</b> 2g	
<b>Lysine</b> 2g	
<b>Methionine</b> 1g	
<b>Phenylalanine</b> 1g	
<b>Tyrosine</b> 1g	
<b>Valine</b> 1g	
<b>Arginine</b> 2g	
<b>Histidine</b> 1g	
<b>Alanine</b> 2g	
<b>Aspartic acid</b> 3g	
<b>Glutamic acid</b> 4g	
<b>Glycine</b> 2g	
<b>Proline</b> 1g	
<b>Serine</b> 1g	