

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

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