

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 431

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 201mg 8%

Total Carbohydrates 86g 29%

Dietary Fiber 15g **59%**

Sugars 10g

Protein 19g 37%

Vitamin A 2693IU 54% Vitamin C 149mg 249%

Calcium 142mg 14% Iron 5mg 29%

Vitamin E 3mg 9% Vitamin K 23µg 29%

Thiamin 1mg 53% Riboflavin 0mg 23%

Vitamin D 0IU 0% Niacin 6mg 29%

Vitamin B6 1mg 50% Vitamin B12 0µg 0%

Pantothenic acid 2mg 18% Folate 305µg 76%

Phosphorus 443mg 44% Magnesium 204mg 51%

Zinc 4mg Selenium 15µg

Copper 1mg Manganese 3mg

* 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 325g

Energy 431kcal

Energy 1802kJ

Protein 19g 37%

Total lipid (fat) 3g 5%

Ash 5g

Carbohydrate, by difference 29%

86g

Fiber, total dietary 15g 59%

Sugars, total 10g

Sucrose 1g

Glucose (dextrose) 3g

Fructose 4g

Calcium, Ca 142mg 14%

Iron, Fe 5mg 29%

Magnesium, Mg 204mg 51%

Phosphorus, P 443mg 44%

Potassium, K 1718mg 49%

Sodium, Na 201mg 8%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 3mg

Selenium, Se 15µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 249%

149mg

Thiamin 1mg 53%

Niacin 6mg 29%

Pantothenic acid 2mg 18%

Vitamin B-6 1mg 50%

Folate, total 305µg

Folate, food 305µg 76%

Folate, DFE 306µg

Choline, total 70mg

Vitamin A, RAE 135µg
Carotene, beta 1422µg

Carotene, alpha 187µg

Cryptoxanthin, beta 179µg

Vitamin A, IU 2693IU **54%**

Lycopene 4497µg

Lutein + zeaxanthin 2752µg

Vitamin E (alpha-tocopherol) **9%**

3mg

Vitamin K (phylloquinone) 23µg **29%**

Fatty acids, total saturated 1g **3%**

16:0 1g

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 14mg

Threonine 1g

Isoleucine 1g

Leucine 1g

Lysine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 1g

Alanine 1g

Aspartic acid 2g

Glutamic acid 3g

Glycine 1g

Proline 1g

Serine 1g