

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 313**

Calories from Fat 54

% Daily Value\*

**Total Fat 6g 9%**

Saturated Fat 1g **6%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 34mg 1%**

**Total Carbohydrates 60g 20%**

Dietary Fiber 7g **26%**

Sugars 10g

**Protein 8g 16%**

Vitamin A 2496IU 50%    Vitamin C 102mg 171%

Calcium 67mg 7%    Iron 2mg 13%

Vitamin E 2mg 7%    Vitamin K 30µg 38%

Thiamin 0mg 23%    Riboflavin 0mg 11%

Vitamin D 1IU 0%    Niacin 4mg 21%

Vitamin B6 0mg 19%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 8%    Folate 48µg 12%

Phosphorus 109mg 11%    Magnesium 48mg 12%

Zinc 1mg    Selenium 3µg

Copper 0mg    Manganese 1mg

\* 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 162g**

**Energy 313kcal**

**Energy 327kJ**

**Protein 8g 16%**

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

**Ash 1g**

**Carbohydrate, by difference 20%**

60g

**Fiber, total dietary 7g 26%**

**Sugars, total 10g**

**Glucose (dextrose) 3g**

**Fructose 2g**

**Calcium, Ca 67mg 7%**

**Iron, Fe 2mg 13%**

**Magnesium, Mg 48mg 12%**

**Phosphorus, P 109mg 11%**

**Potassium, K 537mg 15%**

**Sodium, Na 34mg 1%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 3µg**

**Fluoride, F 1µg**

**Vitamin C, total ascorbic acid 171%**

102mg

**Niacin 4mg 21%**

**Pantothenic acid 1mg 8%**

**Folate, total 56µg**

**Folate, food 48µg 12%**

**Folate, DFE 48µg**

**Choline, total 17mg**

**Betaine 2mg**

**Vitamin A, RAE 82µg**

**Carotene, beta 870µg**

**Carotene, alpha 17µg**

<b>Cryptoxanthin, beta</b>	205µg	
<b>Vitamin A, IU</b>	2496IU	<b>50%</b>
<b>Lutein + zeaxanthin</b>	1312µg	
<b>Vitamin E (alpha-tocopherol)</b>		<b>7%</b>
	2mg	
<b>Tocopherol, gamma</b>	1mg	
<b>Vitamin D</b>	1IU	<b>0%</b>
<b>Vitamin K (phylloquinone)</b>	30µg	<b>38%</b>
<b>Fatty acids, total saturated</b>	1g	<b>6%</b>
<b>Fatty acids, total monounsaturated</b>	1g	
<b>18:1 undifferentiated</b>	1g	
<b>Fatty acids, total polyunsaturated</b>	2g	
<b>18:2 undifferentiated</b>	2g	
<b>Phytosterols</b>	12mg	
<b>Campesterol</b>	1mg	
<b>Beta-sitosterol</b>	6mg	