

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 268**

Calories from Fat 108

% Daily Value\*

**Total Fat 12g 19%**

Saturated Fat 2g 11%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 456mg 19%**

**Total Carbohydrates 31g 10%**

Dietary Fiber 10g 42%

Sugars 11g

**Protein 17g 33%**

Vitamin A 17681IU 354%    Vitamin C 210mg 350%

Calcium 404mg 40%    Iron 5mg 27%

Vitamin E 5mg 16%    Vitamin K 1062µg 1328%

Thiamin 0mg 19%    Riboflavin 0mg 20%

Vitamin D 0IU 0%    Niacin 5mg 23%

Vitamin B6 1mg 37%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 6%    Folate 269µg 67%

Phosphorus 308mg 31%    Magnesium 141mg 35%

Zinc 2mg    Selenium 15µg

Copper 2mg    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 370g

Energy 268kcal

Energy 1125kJ

Protein 17g 33%

Total lipid (fat) 12g 19%

Ash 6g

Carbohydrate, by difference 10%

31g

Fiber, total dietary 10g 42%

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Starch 1g

Calcium, Ca 404mg 40%

Iron, Fe 5mg 27%

Magnesium, Mg 141mg 35%

Phosphorus, P 308mg 31%

Potassium, K 1270mg 36%

Sodium, Na 456mg 19%

Zinc, Zn 2mg

Copper, Cu 2mg

Manganese, Mn 2mg

Selenium, Se 15µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 210mg 350%

Niacin 5mg 23%

Pantothenic acid 1mg 6%

Vitamin B-6 1mg 37%

Folate, total 269µg

Folate, food 269µg 67%

Folate, DFE 269µg

Choline, total 42mg

**Vitamin A, RAE** 879µg  
**Carotene, beta** 10049µg

**Carotene, alpha** 728µg

**Cryptoxanthin, beta** 241µg

**Vitamin A, IU** 17681IU **354%**

**Lycopene** 1151µg

**Lutein + zeaxanthin** 11462µg

**Vitamin E (alpha-tocopherol)** **16%**

5mg

**Tocopherol, gamma** 1mg

**Vitamin K (phylloquinone)** **1328%**

1062µg

**Fatty acids, total saturated** 2g **11%**

**16:0** 1g

**Fatty acids, total**

**monounsaturated** 4g

**18:1 undifferentiated** 4g

**Fatty acids, total**

**polyunsaturated** 4g

**18:2 undifferentiated** 3g

**Phytosterols** 7mg

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g

**Glycine** 1g

**Proline** 1g

**Serine** 1g