

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 547

Calories from Fat 108

% Daily Value*

Total Fat 12g 19%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 397mg 17%

Total Carbohydrates 91g 30%

Dietary Fiber 17g 66%

Sugars 12g

Protein 25g 50%

Vitamin A 5983IU 120% Vitamin C 24mg 40%

Calcium 184mg 18% Iron 6mg 35%

Vitamin E 1mg 5% Vitamin K 133µg 166%

Thiamin 1mg 48% Riboflavin 0mg 18%

Vitamin D 0IU 0% Niacin 4mg 20%

Vitamin B6 1mg 37% Vitamin B12 0µg 0%

Pantothenic acid 2mg 16% Folate 368µg 92%

Phosphorus 398mg 40% Magnesium 139mg 35%

Zinc 4mg Selenium 32µg

Copper 1mg Manganese 12mg

* 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 203g

Energy 547kcal

Energy 2055kJ

Protein 25g 50%

Total lipid (fat) 12g 19%

Ash 5g

Carbohydrate, by difference 30%

91g

Fiber, total dietary 17g 66%

Sugars, total 12g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 184mg 18%

Iron, Fe 6mg 35%

Magnesium, Mg 139mg 35%

Phosphorus, P 398mg 40%

Potassium, K 1054mg 30%

Sodium, Na 397mg 17%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 12mg

Selenium, Se 32µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 40%
24mg

Thiamin 1mg 48%

Niacin 4mg 20%

Pantothenic acid 2mg 16%

Vitamin B-6 1mg 37%

Folate, total 368µg

Folate, food 368µg 92%

Folate, DFE 368µg

Choline, total 88mg

Betaine	5mg	
Vitamin A, RAE	298µg	
Carotene, beta	3557µg	
Carotene, alpha	46µg	
Cryptoxanthin, beta	5µg	
Vitamin A, IU	5983IU	120%
Lycopene	1158µg	
Lutein + zeaxanthin	1909µg	
Vitamin E (alpha-tocopherol)	1mg	5%
Tocopherol, gamma	1mg	
Vitamin K (phylloquinone)	133µg	166%
Fatty acids, total saturated	2g	9%
16:0	1g	
Fatty acids, total monounsaturated	3g	
18:1 undifferentiated	3g	
Fatty acids, total polyunsaturated	5g	
18:2 undifferentiated	5g	
Phytosterols	72mg	
Campesterol	1mg	
Beta-sitosterol	1mg	
Threonine	1g	
Isoleucine	1g	
Leucine	1g	
Lysine	1g	
Phenylalanine	1g	
Tyrosine	1g	
Valine	1g	
Arginine	2g	
Histidine	1g	
Alanine	1g	
Aspartic acid	2g	
Glutamic acid	5g	
Glycine	1g	
Proline	1g	
Serine	1g	