

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 213

Calories from Fat 27

% Daily Value\*

**Total Fat** 3g **5%**

Saturated Fat 1g **4%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 231mg **10%**

**Total Carbohydrates** 41g **14%**

Dietary Fiber 7g **30%**

Sugars 14g

**Protein** 9g **18%**

Vitamin A 4916IU 98%      Vitamin C 114mg 190%

Calcium 111mg 11%      Iron 2mg 12%

Vitamin E 2mg 6%      Vitamin K 25µg 31%

Thiamin 0mg 19%      Riboflavin 0mg 20%

Vitamin D 2IU 1%      Niacin 3mg 17%

Vitamin B6 1mg 30%      Vitamin B12 0µg 1%

Pantothenic acid 1mg 13%      Folate 98µg 24%

Phosphorus 273mg 27%      Magnesium 92mg 23%

Zinc 2mg      Selenium 8µg

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** 270g

**Energy** 213kcal

**Energy** 790kJ

**Protein** 9g **18%**

**Adjusted Protein** 1g

**Total lipid (fat)** 3g **5%**

**Ash** 3g

**Carbohydrate, by difference** **14%**

41g

**Fiber, total dietary** 7g **30%**

**Sugars, total** 14g

**Sucrose** 2g

**Glucose (dextrose)** 3g

**Fructose** 3g

**Starch** 12g

**Calcium, Ca** 111mg **11%**

**Iron, Fe** 2mg **12%**

**Magnesium, Mg** 92mg **23%**

**Phosphorus, P** 273mg **27%**

**Potassium, K** 724mg **21%**

**Sodium, Na** 231mg **10%**

**Zinc, Zn** 2mg

**Manganese, Mn** 1mg

**Selenium, Se** 8µg

**Fluoride, F** 2µg

**Vitamin C, total ascorbic acid** **190%**

114mg **Niacin** 3mg **17%**

**Pantothenic acid** 1mg **13%**

**Vitamin B-6** 1mg **30%**

**Folate, total** 105µg

**Folate, food** 98µg **24%**

**Folate, DFE** 98µg

**Choline, total** 43mg

**Betaine** 137mg  
**Vitamin A, RAE** 223µg

**Retinol** 31µg

**Carotene, beta** 1964µg

**Carotene, alpha** 584µg

**Cryptoxanthin, beta** 119µg

**Vitamin A, IU** 4916IU **98%**

**Lutein + zeaxanthin** 1533µg

**Vitamin E (alpha-tocopherol)** **6%**

2mg

**Tocopherol, gamma** 1mg

**Vitamin D** 2IU **1%**

**Vitamin K (phylloquinone)** 25µg **31%**

**Fatty acids, total saturated** 1g **4%**

**Fatty acids, total monounsaturated** 1g

**18:1 undifferentiated** 1g

**Fatty acids, total polyunsaturated** 1g

**18:2 undifferentiated** 1g

**Phytosterols** 11mg

**Campesterol** 1mg

**Leucine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 1g