

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 282

Calories from Fat 72

% Daily Value*

Total Fat 8g 13%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 392mg 16%

Total Carbohydrates 45g 15%

Dietary Fiber 9g 36%

Sugars 13g

Protein 13g 25%

Vitamin A 23584IU 472% Vitamin C 90mg 151%

Calcium 198mg 20% Iron 6mg 31%

Vitamin E 3mg 11% Vitamin K 472µg 590%

Thiamin 0mg 30% Riboflavin 0mg 21%

Vitamin D 1IU 0% Niacin 3mg 17%

Vitamin B6 1mg 40% Vitamin B12 0µg 0%

Pantothenic acid 1mg 14% Folate 199µg 50%

Phosphorus 301mg 30% Magnesium 135mg 34%

Zinc 3mg Selenium 9µg

Copper 1mg 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 346g

Energy 282kcal

Energy 1180kJ

Protein 13g 25%

Total lipid (fat) 8g 13%

Ash 5g

Carbohydrate, by difference 15%

45g

Fiber, total dietary 9g 36%

Sugars, total 13g

Sucrose 2g

Glucose (dextrose) 2g

Fructose 2g

Starch 9g

Calcium, Ca 198mg 20%

Iron, Fe 6mg 31%

Magnesium, Mg 135mg 34%

Phosphorus, P 301mg 30%

Potassium, K 1430mg 41%

Sodium, Na 392mg 16%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 9µg

Fluoride, F 2µg

Vitamin C, total ascorbic acid 151%

90mg

Niacin 3mg 17%

Pantothenic acid 1mg 14%

Vitamin B-6 1mg 40%

Folate, total 199µg

Folic acid 1µg

Folate, food 199µg 50%

Folate, DFE 200µg

Choline, total 44mg

Betaine 2mg

Vitamin A, RAE 1179µg

Carotene, beta 12100µg

Carotene, alpha 4064µg

Cryptoxanthin, beta 36µg

Vitamin A, IU 23584IU **472%**

Lycopene 8726µg

Lutein + zeaxanthin 6094µg

Vitamin E (alpha-tocopherol) **11%**

3mg

Tocopherol, gamma 1mg

Vitamin D 1IU **0%**

Vitamin K (phylloquinone) **590%**

472µg

Fatty acids, total saturated 1g **7%**

16:0 1g

Fatty acids, total monounsaturated 4g

18:1 undifferentiated 4g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 12mg

Campesterol 2mg

Beta-sitosterol 16mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g