

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 480**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 5%**

Saturated Fat 1g 3%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 656mg 27%**

**Total Carbohydrates 110g 37%**

Dietary Fiber 27g 109%

Sugars 63g

**Protein 20g 41%**

Vitamin A 48414IU 968%    Vitamin C 166mg 277%

Calcium 698mg 70%    Iron 16mg 91%

Vitamin E 10mg 34%    Vitamin K 2217µg 2771%

Thiamin 1mg 40%    Riboflavin 1mg 73%

Vitamin D 10IU 3%    Niacin 7mg 37%

Vitamin B6 1mg 75%    Vitamin B12 0µg 0%

Pantothenic acid 2mg 20%    Folate 910µg 228%

Phosphorus 430mg 43%    Magnesium 479mg 120%

Zinc 4mg    Selenium 10µg

Copper 1mg    Manganese 5mg

\* 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 695g

Energy 480kcal

Energy 2010kJ

Protein 20g 41%

Total lipid (fat) 4g 5%

Ash 13g

Carbohydrate, by difference 37%

110g

Fiber, total dietary 27g 109%

Sugars, total 63g

Sucrose 2g

Glucose (dextrose) 31g

Fructose 28g

Galactose 1g

Starch 7g

Calcium, Ca 698mg 70%

Iron, Fe 16mg 91%

Magnesium, Mg 479mg 120%

Phosphorus, P 430mg 43%

Potassium, K 3827mg 109%

Sodium, Na 656mg 27%

Zinc, Zn 4mg

Copper, Cu 1mg

Manganese, Mn 5mg

Selenium, Se 10µg

Fluoride, F 12µg

Vitamin C, total ascorbic acid 277%

166mg

Thiamin 1mg 40%

Riboflavin 1mg 73%

Niacin 7mg 37%

Pantothenic acid 2mg 20%

Vitamin B-6 1mg 75%

Folate, total 910µg

<b>Folate, food</b> 910µg	<b>228%</b>
<b>Folate, DFE</b> 910µg	
<b>Choline, total</b> 118mg	
<b>Betaine</b> 438mg	
<b>Vitamin A, RAE</b> 2415µg	
<b>Carotene, beta</b> 28266µg	
<b>Carotene, alpha</b> 1167µg	
<b>Cryptoxanthin, beta</b> 108µg	
<b>Vitamin A, IU</b> 48414IU	<b>968%</b>
<b>Lutein + zeaxanthin</b> 57500µg	
<b>Vitamin E (alpha-tocopherol)</b> 10mg	<b>34%</b>
<b>Tocopherol, gamma</b> 1mg	
<b>Vitamin D</b> 10IU	<b>3%</b>
<b>Vitamin K (phylloquinone)</b> 2217µg	<b>2771%</b>
<b>Fatty acids, total saturated</b> 1g	<b>3%</b>
<b>Fatty acids, total polyunsaturated</b> 1g	
<b>18:2 undifferentiated</b> 1g	
<b>18:3 undifferentiated</b> 1g	
<b>Phytosterols</b> 39mg	
<b>Campesterol</b> 1mg	
<b>Threonine</b> 1g	
<b>Isoleucine</b> 1g	
<b>Leucine</b> 1g	
<b>Lysine</b> 1g	
<b>Phenylalanine</b> 1g	
<b>Tyrosine</b> 1g	
<b>Valine</b> 1g	
<b>Arginine</b> 1g	
<b>Alanine</b> 1g	
<b>Aspartic acid</b> 2g	
<b>Glutamic acid</b> 3g	
<b>Glycine</b> 1g	
<b>Proline</b> 1g	
<b>Serine</b> 1g	