

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

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