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Nutrition Facts

Serving Size
Serving Per Recipe About 8

Amount Per Serving

Calories 439 — Calories from Fat 135

	% Daily Value*
Total Fat 15g	**22%**
Saturated Fat 5g	**26%**
Trans Fat 0g	
Cholesterol 11mg	**4%**
Sodium 364mg	**15%**
Total Carbohydrates 64g	**21%**
Dietary Fiber 10g	**39%**
Sugars 10g	
Protein 18g	**36%**

Vitamin A 21005IU 420%	o	Vitamin C 64mg 107%
Calcium 170mg 17%	o	Iron 6mg 36%
Vitamin E 4mg 12%	o	Vitamin K 177µg 222%
Thiamin 0mg 32%	o	Riboflavin 0mg 21%
Vitamin D 6IU 1%	o	Niacin 9mg 44%
Vitamin B6 1mg 48%	o	Vitamin B12 0µg 1%
Pantothenic acid 2mg 21%	o	Folate 118µg 30%
Phosphorus 409mg 41%	o	Magnesium 171mg 43%
Zinc 3mg	o	Selenium 24µg
Copper 1mg	o	Manganese 3mg

* 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 276g	
Energy 439kcal	
Energy 1832kJ	
Protein 18g	**36%**
Total lipid (fat) 15g	**22%**
Ash 5g	
Carbohydrate, by difference 64g	**21%**
Fiber, total dietary 10g	**39%**
Sugars, total 10g	
Sucrose 2g	
Glucose (dextrose) 2g	
Fructose 1g	
Starch 1g	
Calcium, Ca 170mg	**17%**
Iron, Fe 6mg	**36%**
Magnesium, Mg 171mg	**43%**
Phosphorus, P 409mg	**41%**
Potassium, K 1159mg	**33%**
Sodium, Na 364mg	**15%**
Zinc, Zn 3mg	
Copper, Cu 1mg	
Manganese, Mn 3mg	
Selenium, Se 24µg	
Fluoride, F 1µg	
Vitamin C, total ascorbic acid 64mg	**107%**
Niacin 9mg	**44%**
Pantothenic acid 2mg	**21%**
Vitamin B-6 1mg	**48%**
Folate, total 118µg	
Folate, food 118µg	**30%**
Folate, DFE 118µg	
Choline, total 62mg	

Betaine 1mg	
Vitamin A, RAE 1050µg	
Retinol 1µg	
Carotene, beta 10121µg	
Carotene, alpha 3753µg	
Cryptoxanthin, beta 153µg	
Vitamin A, IU 21005IU	**420%**
Lycopene 2µg	
Lutein + zeaxanthin 2221µg	
Vitamin E (alpha-tocopherol) 4mg	**12%**
Tocopherol, gamma 1mg	
Vitamin D 6IU	**1%**
Vitamin K (phylloquinone) 177µg	**222%**
Fatty acids, total saturated 5g	**26%**
12:0 2g	
14:0 1g	
16:0 1g	
18:0 1g	
Fatty acids, total monounsaturated 5g	
18:1 undifferentiated 4g	
Fatty acids, total polyunsaturated 3g	
18:2 undifferentiated 3g	
Cholesterol 11mg	**4%**
Phytosterols 10mg	
Stigmasterol 1mg	
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	