

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 295**

Calories from Fat 162

% Daily Value\*

**Total Fat 18g 27%**

Saturated Fat 6g **28%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 196mg 8%**

**Total Carbohydrates 26g 9%**

Dietary Fiber 8g **30%**

Sugars 10g

**Protein 15g 29%**

Vitamin A 12509IU 250%    Vitamin C 39mg 66%

Calcium 184mg 18%    Iron 4mg 20%

Vitamin E 3mg 9%    Vitamin K 45µg 57%

Thiamin 0mg 16%    Riboflavin 0mg 21%

Vitamin D 16IU 4%    Niacin 7mg 33%

Vitamin B6 1mg 37%    Vitamin B12 0µg 0%

Pantothenic acid 2mg 20%    Folate 71µg 18%

Phosphorus 343mg 34%    Magnesium 117mg 29%

Zinc 3mg    Selenium 16µg

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 280g**

**Energy 295kcal**

**Energy 1232kJ**

**Protein 15g 29%**

**Total lipid (fat) 18g 27%**

**Ash 4g**

**Carbohydrate, by difference 9%**

26g

**Fiber, total dietary 8g 30%**

**Sugars, total 10g**

**Sucrose 1g**

**Glucose (dextrose) 4g**

**Fructose 1g**

**Starch 3g**

**Calcium, Ca 184mg 18%**

**Iron, Fe 4mg 20%**

**Magnesium, Mg 117mg 29%**

**Phosphorus, P 343mg 34%**

**Potassium, K 1033mg 30%**

**Sodium, Na 196mg 8%**

**Zinc, Zn 3mg**

**Copper, Cu 1mg**

**Manganese, Mn 2mg**

**Selenium, Se 16µg**

**Fluoride, F 5µg**

**Vitamin C, total ascorbic acid 66%**

39mg

**Niacin 7mg 33%**

**Pantothenic acid 2mg 20%**

**Vitamin B-6 1mg 37%**

**Folate, total 71µg**

**Folate, food 71µg 18%**

**Folate, DFE 71µg**

**Choline, total 42mg**

**Vitamin A, RAE** 626µg  
**Carotene, beta** 6098µg

**Carotene, alpha** 2583µg

**Cryptoxanthin, beta** 92µg

**Vitamin A, IU** 12509IU **250%**

**Lycopene** 1µg

**Lutein + zeaxanthin** 941µg

**Vitamin E (alpha-tocopherol)** **9%**

3mg

**Tocopherol, gamma** 2mg

**Vitamin D** 16IU **4%**

**Vitamin K (phylloquinone)** 45µg **57%**

**Fatty acids, total saturated** 6g **28%**

**12:0** 2g

**14:0** 1g

**16:0** 2g

**18:0** 1g

**Fatty acids, total monounsaturated** 6g

**18:1 undifferentiated** 6g

**Fatty acids, total polyunsaturated** 4g

**18:2 undifferentiated** 4g

**Phytosterols** 6mg

**Stigmasterol** 2mg

**Campesterol** 5mg

**Beta-sitosterol** 20mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 2g

**Glutamic acid** 3g

**Glycine** 1g

**Proline** 1g

**Serine** 1g