

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