

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 311

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 339mg 14%

Total Carbohydrates 55g 18%

Dietary Fiber 5g 20%

Sugars 11g

Protein 9g 18%

Vitamin A 228IU 5% Vitamin C 3mg 5%

Calcium 85mg 9% Iron 2mg 11%

Vitamin E 1mg 2% Vitamin K 21µg 26%

Thiamin 0mg 19% Riboflavin 0mg 12%

Vitamin D 3IU 1% Niacin 4mg 21%

Vitamin B6 0mg 19% Vitamin B12 0µg 1%

Pantothenic acid 1mg 12% Folate 29µg 7%

Phosphorus 230mg 23% Magnesium 85mg 21%

Zinc 1mg Selenium 17µg

Copper 0mg 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 94g

Energy 311kcal

Energy 1301kJ

Protein 9g 18%

Total lipid (fat) 7g 11%

Ash 3g

Carbohydrate, by difference 55g 18%

Fiber, total dietary 5g 20%

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 7g

Fructose 3g

Starch 7g

Calcium, Ca 85mg 9%

Iron, Fe 2mg 11%

Magnesium, Mg 85mg 21%

Phosphorus, P 230mg 23%

Potassium, K 471mg 13%

Sodium, Na 339mg 14%

Zinc, Zn 1mg

Manganese, Mn 2mg

Selenium, Se 17µg

Fluoride, F 7µg

Vitamin C, total ascorbic acid 5%

3mg

Niacin 4mg 21%

Pantothenic acid 1mg 12%

Folate, total 37µg

Folic acid 8µg

Folate, food 29µg 7%

Folate, DFE 43µg

Choline, total 26mg

Betaine 2mg

Vitamin A, RAE 11µg

Carotene, beta 120µg
Carotene, alpha 12µg

Cryptoxanthin, beta 20µg

Vitamin A, IU 228IU **5%**

Lutein + zeaxanthin 78µg

Vitamin E (alpha-tocopherol) 1mg **2%**

Tocopherol, gamma 2mg

Vitamin D 3IU **1%**

Vitamin K (phylloquinone) 21µg **26%**

Dihydrophylloquinone 1µg

Fatty acids, total saturated 1g **4%**

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated 4g

18:2 undifferentiated 3g

18:2 n-6 c,c 3g

Phytosterols 6mg

Campesterol 1mg

Beta-sitosterol 9mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g