

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 256**

Calories from Fat 135

% Daily Value\*

**Total Fat 15g 23%**

Saturated Fat 1g 7%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 2009mg 84%**

**Total Carbohydrates 25g 8%**

Dietary Fiber 5g 19%

Sugars 10g

**Protein 11g 23%**

Vitamin A 5487IU 110%    Vitamin C 90mg 151%

Calcium 156mg 16%    Iron 3mg 19%

Vitamin E 4mg 14%    Vitamin K 108µg 135%

Thiamin 0mg 16%    Riboflavin 0mg 18%

Vitamin D 0IU 0%    Niacin 2mg 9%

Vitamin B6 0mg 20%    Vitamin B12 0µg 0%

Pantothenic acid 1mg 7%    Folate 118µg 30%

Phosphorus 196mg 20%    Magnesium 104mg 26%

Zinc 2mg    Selenium 13µg

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 204g**

**Energy 256kcal**

**Energy 1020kJ**

**Protein 11g 23%**

**Total lipid (fat) 15g 23%**

**Ash 7g**

**Carbohydrate, by difference 8%**

25g

**Fiber, total dietary 5g 19%**

**Sugars, total 10g**

**Sucrose 2g**

**Glucose (dextrose) 2g**

**Fructose 2g**

**Calcium, Ca 156mg 16%**

**Iron, Fe 3mg 19%**

**Magnesium, Mg 104mg 26%**

**Phosphorus, P 196mg 20%**

**Potassium, K 659mg 19%**

**Sodium, Na 2009mg 84%**

**Zinc, Zn 2mg**

**Copper, Cu 1mg**

**Manganese, Mn 2mg**

**Selenium, Se 13µg**

**Fluoride, F 11µg**

**Vitamin C, total ascorbic acid 151%**

90mg

**Niacin 2mg 9%**

**Pantothenic acid 1mg 7%**

**Folate, total 118µg**

**Folate, food 118µg 30%**

**Folate, DFE 118µg**

**Choline, total 17mg**

**Vitamin A, RAE 274µg**

**Carotene, beta 1944µg**

**Carotene, alpha** 560µg  
**Cryptoxanthin, beta** 95µg

**Vitamin A, IU** 5487IU **110%**

**Lutein + zeaxanthin** 635µg

**Vitamin E (alpha-tocopherol)** **14%**  
4mg

**Vitamin K (phylloquinone)** **135%**  
108µg

**Fatty acids, total saturated** 1g **7%**

**16:0** 1g

**Fatty acids, total monounsaturated** 8g

**18:1 undifferentiated** 8g

**Fatty acids, total polyunsaturated** 5g

**18:2 undifferentiated** 4g

**Phytosterols** 18mg

**Campesterol** 1mg

**Beta-sitosterol** 21mg

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g

**Glycine** 1g

**Proline** 1g