

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 328

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 574mg 24%

Total Carbohydrates 66g 22%

Dietary Fiber 13g **53%**

Sugars 15g

Protein 13g 27%

Vitamin A 3685IU 74% Vitamin C 70mg 117%

Calcium 198mg 20% Iron 6mg 34%

Vitamin E 4mg 12% Vitamin K 43µg 54%

Thiamin 1mg 33% Riboflavin 0mg 18%

Vitamin D 0IU 0% Niacin 4mg 21%

Vitamin B6 1mg 41% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 98µg 24%

Phosphorus 291mg 29% Magnesium 130mg 32%

Zinc 2mg Selenium 9µg

Copper 1mg Manganese 1mg

* 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 406g

Energy 328kcal

Energy 1369kJ

Protein 13g 27%

Total lipid (fat) 3g 5%

Ash 5g

Carbohydrate, by difference 66g 22%

Fiber, total dietary 13g 53%

Sugars, total 15g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 4g

Calcium, Ca 198mg 20%

Iron, Fe 6mg 34%

Magnesium, Mg 130mg 32%

Phosphorus, P 291mg 29%

Potassium, K 1667mg 48%

Sodium, Na 574mg 24%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 9µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid 70mg 117%

Thiamin 1mg 33%

Niacin 4mg 21%

Pantothenic acid 1mg 10%

Vitamin B-6 1mg 41%

Folate, total 98µg

Folic acid 1µg

Folate, food 98µg 24%

Folate, DFE 99µg

Choline, total 35mg

Betaine 1mg

Vitamin A, RAE 184µg

Carotene, beta 1927µg

Carotene, alpha 549µg

Cryptoxanthin, beta 20µg

Vitamin A, IU 3685IU **74%**

Lycopene 20922µg

Lutein + zeaxanthin 466µg

Vitamin E (alpha-tocopherol) **12%**
4mg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 43µg **54%**

Fatty acids, total saturated 1g **3%**

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 36mg

Aspartic acid 1g

Glutamic acid 1g