

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 370**

Calories from Fat 9

% Daily Value\*

**Total Fat 1g 2%**

Saturated Fat 0g 1%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 517mg 22%**

**Total Carbohydrates 69g 23%**

Dietary Fiber 27g 108%

Sugars 8g

**Protein 25g 50%**

Vitamin A 2583IU 52%      Vitamin C 64mg 107%

Calcium 218mg 22%      Iron 9mg 49%

Vitamin E 2mg 5%      Vitamin K 86µg 108%

Thiamin 1mg 42%      Riboflavin 0mg 21%

Vitamin D 1IU 0%      Niacin 4mg 18%

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

Pantothenic acid 1mg 12%      Folate 428µg 107%

Phosphorus 454mg 45%      Magnesium 172mg 43%

Zinc 3mg      Selenium 5µg

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 327g

Energy 370kcal

Energy 1546kJ

Protein 25g 50%

Total lipid (fat) 1g 2%

Ash 6g

Carbohydrate, by difference 23%

69g

Fiber, total dietary 27g 108%

Sugars, total 8g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 218mg 22%

Iron, Fe 9mg 49%

Magnesium, Mg 172mg 43%

Phosphorus, P 454mg 45%

Potassium, K 1848mg 53%

Sodium, Na 517mg 22%

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 2mg

Selenium, Se 5µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 107%

64mg

Thiamin 1mg 42%

Niacin 4mg 18%

Pantothenic acid 1mg 12%

Vitamin B-6 1mg 37%

Folate, total 428µg

Folate, food 428µg 107%

Folate, DFE 428µg

Choline, total 20mg

Betaine 1mg

**Vitamin A, RAE** 117µg

**Carotene, beta** 1288µg

**Carotene, alpha** 109µg

**Cryptoxanthin, beta** 116µg

**Vitamin A, IU** 2583IU **52%**

**Lycopene** 2317µg

**Lutein + zeaxanthin** 1319µg

**Vitamin E (alpha-tocopherol)** **5%**

2mg

**Vitamin D** 1IU **0%**

**Vitamin K (phylloquinone)** 86µg **108%**

**Fatty acids, total**

**polyunsaturated** 1g

**Phytosterols** 135mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 2g

**Lysine** 2g

**Phenylalanine** 1g

**Tyrosine** 1g

**Valine** 1g

**Arginine** 1g

**Histidine** 1g

**Alanine** 1g

**Aspartic acid** 3g

**Glutamic acid** 4g

**Glycine** 1g

**Proline** 1g

**Serine** 1g