

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