

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 692

Calories from Fat 144

% Daily Value*

Total Fat 16g **24%**

Saturated Fat 5g **26%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 1017mg **42%**

Total Carbohydrates 117g **39%**

Dietary Fiber 12g **46%**

Sugars 5g

Protein 23g **47%**

Vitamin A 4432IU 89% Vitamin C 36mg 60%

Calcium 332mg 33% Iron 11mg 63%

Vitamin E 4mg 13% Vitamin K 30µg 38%

Thiamin 1mg 89% Riboflavin 1mg 43%

Vitamin D 0IU 0% Niacin 9mg 44%

Vitamin B6 1mg 26% Vitamin B12 0µg 0%

Pantothenic acid 1mg 14% Folate 280µg 70%

Phosphorus 461mg 46% Magnesium 130mg 33%

Zinc 3mg Selenium 3µg

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 134g

Energy 692kcal

Energy 2897kJ

Protein 23g **47%**

Total lipid (fat) 16g **24%**

Ash 6g

Carbohydrate, by difference **39%**

117g

Fiber, total dietary 12g **46%**

Sugars, total 5g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 2g

Calcium, Ca 332mg **33%**

Iron, Fe 11mg **63%**

Magnesium, Mg 130mg **33%**

Phosphorus, P 461mg **46%**

Potassium, K 1239mg **35%**

Sodium, Na 1017mg **42%**

Zinc, Zn 3mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 3µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid **60%**

36mg

Thiamin 1mg **89%**

Riboflavin 1mg **43%**

Niacin 9mg **44%**

Pantothenic acid 1mg **14%**

Vitamin B-6 1mg **26%**

Folate, total 405µg

Folic acid 124µg

Folate, food 280µg **70%**

Folate, DFE 492µg
Choline, total 58mg

Betaine 1mg

Vitamin A, RAE 220µg

Carotene, beta 2244µg

Carotene, alpha 630µg

Cryptoxanthin, beta 171µg

Vitamin A, IU 4432IU **89%**

Lycopene 2118µg

Lutein + zeaxanthin 361µg

Vitamin E (alpha-tocopherol) 4mg **13%**

Vitamin K (phylloquinone) 30µg **38%**

Fatty acids, total saturated 5g **26%**

16:0 3g

18:0 2g

Fatty acids, total monounsaturated 7g

18:1 undifferentiated 7g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 2g

Phytosterols 6mg

Campesterol 1mg

Beta-sitosterol 14mg

Threonine 1g

Isoleucine 1g

Leucine 2g

Lysine 1g

Phenylalanine 1g

Tyrosine 1g

Valine 1g

Arginine 1g

Histidine 1g

Alanine 1g

Aspartic acid 2g

Glutamic acid 6g

Glycine 1g

Proline 2g

Serine 1g