

# Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

**Calories 244** Calories from Fat 135

% Daily Value\*

**Total Fat 15g** **24%**

Saturated Fat 1g **7%**

Trans Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 37mg** **2%**

**Total Carbohydrates 23g** **8%**

Dietary Fiber 7g **29%**

Sugars 11g

**Protein 10g** **19%**

Vitamin A 7982IU 160%     Vitamin C 51mg 85%

Calcium 135mg 13%     Iron 5mg 28%

Vitamin E 11mg 37%     Vitamin K 163µg 204%

Thiamin 1mg 38%     Riboflavin 0mg 15%

Vitamin D 0IU 0%     Niacin 4mg 18%

Vitamin B6 1mg 33%     Vitamin B12 0µg 0%

Pantothenic acid 1mg 9%     Folate 142µg 35%

Phosphorus 275mg 27%     Magnesium 151mg 38%

Zinc 2mg     Selenium 16µg

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 352g**
- Energy 244kcal**
- Energy 1025kJ**
- Protein 10g** **19%**
- Total lipid (fat) 15g** **24%**
- Ash 3g**
- Carbohydrate, by difference** **8%**
- 23g
- Fiber, total dietary 7g** **29%**
- Sugars, total 11g**
- Sucrose 2g**
- Glucose (dextrose) 4g**
- Fructose 6g**
- Calcium, Ca 135mg** **13%**
- Iron, Fe 5mg** **28%**
- Magnesium, Mg 151mg** **38%**
- Phosphorus, P 275mg** **27%**
- Potassium, K 880mg** **25%**
- Sodium, Na 37mg** **2%**
- Zinc, Zn 2mg**
- Copper, Cu 1mg**
- Manganese, Mn 1mg**
- Selenium, Se 16µg**
- Fluoride, F 6µg**
- Vitamin C, total ascorbic acid** **85%**
- 51mg
- Thiamin 1mg** **38%**
- Niacin 4mg** **18%**
- Pantothenic acid 1mg** **9%**
- Vitamin B-6 1mg** **33%**
- Folate, total 142µg**
- Folate, food 142µg** **35%**
- Folate, DFE 142µg**
- Choline, total 45mg**

<b>Betaine</b>	11mg	
<b>Vitamin A, RAE</b>	399µg	
<b>Carotene, beta</b>	4681µg	
<b>Carotene, alpha</b>	101µg	
<b>Cryptoxanthin, beta</b>	74µg	
<b>Vitamin A, IU</b>	7982IU	<b>160%</b>
<b>Lycopene</b>	5794µg	
<b>Lutein + zeaxanthin</b>	1721µg	
<b>Vitamin E (alpha-tocopherol)</b>	11mg	<b>37%</b>
<b>Tocopherol, gamma</b>	1mg	
<b>Vitamin K (phylloquinone)</b>	163µg	<b>204%</b>
<b>Fatty acids, total saturated</b>	1g	<b>7%</b>
<b>16:0</b>	1g	
<b>18:0</b>	1g	
<b>Fatty acids, total monounsaturated</b>	5g	
<b>18:1 undifferentiated</b>	5g	
<b>Fatty acids, total polyunsaturated</b>	7g	
<b>18:2 undifferentiated</b>	7g	
<b>Phytosterols</b>	200mg	
<b>Leucine</b>	1g	
<b>Valine</b>	1g	
<b>Arginine</b>	1g	
<b>Aspartic acid</b>	1g	
<b>Glutamic acid</b>	2g	
<b>Glycine</b>	1g	