

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 267

Calories from Fat 81

% Daily Value*

Total Fat 9g 14%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 428mg 18%

Total Carbohydrates 38g 13%

Dietary Fiber 8g 33%

Sugars 8g

Protein 14g 28%

Vitamin A 17931IU 359% Vitamin C 85mg 142%

Calcium 159mg 16% Iron 4mg 20%

Vitamin E 3mg 11% Vitamin K 439µg 549%

Thiamin 0mg 29% Riboflavin 0mg 14%

Vitamin D 0IU 0% Niacin 4mg 21%

Vitamin B6 1mg 34% Vitamin B12 0µg 0%

Pantothenic acid 1mg 10% Folate 225µg 56%

Phosphorus 239mg 24% Magnesium 101mg 25%

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 223g

Energy 267kcal

Energy 1118kJ

Protein 14g 28%

Total lipid (fat) 9g 14%

Ash 4g

Carbohydrate, by difference 13%

38g

Fiber, total dietary 8g 33%

Sugars, total 8g

Sucrose 1g

Glucose (dextrose) 2g

Fructose 1g

Starch 13g

Calcium, Ca 159mg 16%

Iron, Fe 4mg 20%

Magnesium, Mg 101mg 25%

Phosphorus, P 239mg 24%

Potassium, K 927mg 26%

Sodium, Na 428mg 18%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 9µg

Fluoride, F 1µg

Vitamin C, total ascorbic acid 142%

Niacin 4mg 21%

Pantothenic acid 1mg 10%

Vitamin B-6 1mg 34%

Folate, total 225µg

Folate, food 225µg 56%

Folate, DFE 225µg

Choline, total 47mg

Vitamin A, RAE 890µg
Carotene, beta 9324µg

Carotene, alpha 2621µg

Cryptoxanthin, beta 97µg

Vitamin A, IU 17931IU **359%**

Lycopene 686µg

Lutein + zeaxanthin 5996µg

Vitamin E (alpha-tocopherol) **11%**

3mg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) **549%**

439µg

Fatty acids, total saturated 2g **9%**

16:0 1g

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 12mg

Leucine 1g

Lysine 1g

Phenylalanine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g

Glycine 1g

Proline 1g

Serine 1g