

Nutrition Facts

Serving Size 305.5 g

Amount Per Serving

Calories 474

% Daily Value

Total Fat 7.9g 12 %

Saturated Fat 2.4g 12 %

Cholesterol 151mg 50 %

Sodium 1578mg 69 %

Total Carbohydrate 59g 20 %

Dietary Fiber 17g 68 %

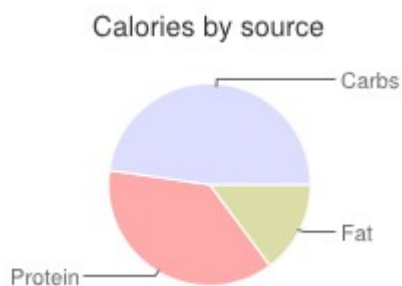
Sugar 18g

Protein 45g 90 %

Vitamin A 844 % • Vitamin C 216 %

Calcium 51 % • Iron 78 %

Daily values are based on 2000 calorie diet.



Vitamins

Nutrient	Amount	DV
Betaine	72.3 mg	
Choline	189.1 mg	
Folate	155.13 mcg	
Folic acid	34.95 mcg	
Niacin	6.488 mg	32 %
Pantothenic acid	3.943 mg	39 %
Riboflavin	1.767 mg	104 %
Thiamin	0.591 mg	39 %
Vitamin A	42190.4 IU	844 %
Vitamin A, RAE	1658.25 mcg	
Carotene, alpha	60.58 mcg	
Carotene, beta	17219.96 mcg	
Cryptoxanthin, beta	79.82 mcg	
Lutein + zeaxanthin	3885.21 mcg	
Lycopene	1020.45 mcg	
Vitamin B12	1.51 mcg	25 %
Vitamin B6	1.037 mg	52 %
Vitamin C	129.8 mg	216 %
Vitamin D	39 IU	10 %
Vitamin E	4.26 mg	14 %
Tocopherol, alpha	4.26 mg	
Tocopherol, beta	0.02 mg	
Tocopherol, delta	0.36 mg	
Tocopherol, gamma	1.58 mg	
Tocotrienol, alpha	0.05 mg	
Tocotrienol, beta	0 mg	
Tocotrienol, delta	0 mg	
Tocotrienol, gamma	0.02 mg	
Vitamin K	165 mcg	206 %

Carbohydrates

Nutrient	Amount	DV
Carbohydrate	59.17 g	20 %
Fiber	16.7 g	67 %
Sugars	18.38 g	
Fructose	0.88 g	
Galactose	0 g	
Glucose (dextrose)	1.14 g	
Lactose	0.56 g	
Maltose	4.06 g	
Starch	9.16 g	

Sucrose 2.99 g

Minerals

Nutrient	Amount	DV
<u>Calcium, Ca</u>	509.81 mg	51 %
<u>Copper, Cu</u>	0.625 mg	31 %
<u>Fluoride, F</u>	11.8 mcg	
<u>Iron, Fe</u>	14.09 mg	78 %
<u>Magnesium, Mg</u>	222.73 mg	56 %
<u>Manganese, Mn</u>	10.612 mg	531 %
<u>Phosphorus, P</u>	540.17 mg	54 %
<u>Potassium, K</u>	2761.23 mg	59 %
<u>Selenium, Se</u>	53.3 mcg	76 %
<u>Sodium, Na</u>	1577.8 mg	69 %
<u>Zinc, Zn</u>	4.41 mg	29 %

Sterols

Nutrient	Amount	DV
<u>Beta-sitosterol</u>	0 mg	
<u>Campesterol</u>	0 mg	
<u>Cholesterol</u>	150.65 mg	50 %
<u>Phytosterols</u>	5.78 mg	
<u>Stigmasterol</u>	0 mg	

Other

Nutrient	Amount	DV
<u>Alcohol, ethyl</u>	0 g	
<u>Ash</u>	13.3 g	
<u>Caffeine</u>	0 mg	
<u>Dihydrophyllquinone</u>	0.1 mcg	
<u>Menaquinone-4</u>	0.1 mcg	
<u>Theobromine</u>	0 mg	
<u>Vitamin D3 (cholecalciferol)</u>	1 mcg	
<u>Water</u>	179.88 g	

Proteins and Aminoacids

Nutrient	Amount	DV
<u>Protein</u>	45.22 g	90 %
<u>Alanine</u>	1.576 g	
<u>Arginine</u>	1.526 g	
<u>Aspartic acid</u>	3.286 g	
<u>Cystine</u>	0.619 g	
<u>Glutamic acid</u>	4.298 g	
<u>Glycine</u>	0.999 g	
<u>Histidine</u>	0.703 g	
<u>Hydroxyproline</u>	0 g	
<u>Isoleucine</u>	1.634 g	117 %
<u>Leucine</u>	2.533 g	93 %
<u>Lysine</u>	2.658 g	127 %
<u>Methionine</u>	0.944 g	90 %
<u>Phenylalanine</u>	1.656 g	95 %
<u>Proline</u>	1.493 g	
<u>Serine</u>	1.957 g	
<u>Threonine</u>	1.371 g	131 %
<u>Tryptophan</u>	0.511 g	182 %
<u>Tyrosine</u>	1.175 g	67 %
<u>Valine</u>	1.916 g	105 %

Fatty acids by type

