

Nutrition Facts

User Entered Recipe

1 Serving

Amount Per Serving

Calories 547.7

Total Fat 17.0 g

Saturated Fat 2.2 g

Polyunsaturated Fat 3.5 g

Monounsaturated Fat 3.1 g

Cholesterol 92.2 mg

Sodium 525.5 mg

Potassium 617.0 mg

Total Carbohydrate 74.1 g

Dietary Fiber 8.3 g

Sugars 5.0 g

Protein 28.2 g

Vitamin A 77.9 %

Vitamin B-12 17.8 %

Vitamin B-6 29.9 %

Vitamin C 48.4 %

Vitamin D 0.0 %

Vitamin E 6.0 %

Calcium 9.5 %

Copper 21.3 %

Folate 7.9 %

Iron 18.2 %

Magnesium 23.8 %

Manganese 80.2 %

Niacin 18.7 %

Pantothenic Acid 14.2 %

Phosphorus 25.5 %

Riboflavin 8.3 %

Selenium 42.3 %

Thiamin 13.9 %

Zinc 14.1 %