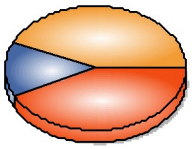
GREEN SOUP KRISTIN

Comment: Green Soup, Kristin
Recipe grams: 591.00g/20.8oz
Serves 2 295.50g/10.4oz per serving
Prep time: 20 min.



Carbohydrates: 43%
Protein: 14%
Fat: 43%

Nutrition Facts

Serving Size: 1 serving (295.5g)
Servings: 1

Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**15%**
Saturated Fat 1.5g	**6%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Total Carbohydrate 21g	**6%**
Dietary Fiber 8g	**30%**
Sugars 6g	
Protein 7g	

Vitamin A 200% • Vitamin C 260%
Calcium 15% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS

100.1 gram	AVOCADO, RAW, all commercial varieties
100 gram	Pepper, red, sweet, raw
150. gram	CUCUMBER W/PEEL, RAW, 8.25"
50 gram	KALE, BOILED, NO SALT, drained
50 gram	LETTUCE, COS OR ROMAINE, RAW,
50 gram	SPINACH, FROZEN, NO SALT, chopped or leaf, drained
10 gram	Garlic, cooked
50 gram	Lemon juice, raw
.5 tsp	Ginger, ground
3 sprigs	PARSLEY, RAW,
7 gram	Coriander leaf, dried (cilantro, chinese parsley)
20 gram	SOYBEAN, BOILED, NO SALT, mature

NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV
Calories	166	
Food Energy (kj)	696	
Protein (g)	7	13%
Calories from Protein	23	
% Calories from Protein	14	
Carbohydrates (g)	21	7%
Starch (g)	1*	
Sugars (g)	6	
Glucose (g)	2*	
Fructose (g)	2*	
Galactose (g)	0*	
Sucrose (g)	0*	
Lactose (g)	0*	
Maltose (g)	0*	
Dietary Fiber (g)	8	32%
Est. Net Carbs (g)	13	
Calories from Carbohydrates	72	
% Calories from Carbohydrates	43	
Fat (g)	9	14%
Saturated Fat (g)	1	7%
Trans Fat (g)	0	
Trans-Monoenoic Fat (g)	0*	
Trans-Polyenoic Fat (g)	0	
Monounsaturated Fat (g)	5	
Polyunsaturated Fat (g)	2	
Omega-3 (g)	0*	
Omega-6 (g)	1*	
Calories from Fat	71	
% Calories from Fat	43	
Cholesterol (mg)	0	0%
Alcohol (g)	0*	
Calories From Alcohol	0	
% Calories from Alcohol	0	
Ash (g)	3	
Water (g)	256	
Caffeine (mg)	0*	
Theobromine (mg)	0*	
Phytosterols (mg)	11*	
Stigmasterol (mg)	1*	
Campesterol (mg)	3*	
Beta-sitosterol (mg)	38*	

Nutrient	Value	%DV
Vit-A (mcg_RAE)	496*	
Retinol (mcg)	0*	
Carotene, beta (mcg)	5796*	
Carotene, alpha (mcg)	31*	
Cryptoxanthin, beta (mcg)	285*	
Lycopene (mcg)	154*	
Lutein+zeaxanthin (mcg)	9519*	
Vit-A IU	9927	199%
Vit-B1 Thiamine (mg)	0	14%
Vit-B2 Riboflavin (mg)	0	18%
Vit-B3 Niacin (mg)	2	11%
Vit-B5 Pantothenic Acid (mg)	1*	12%
Vit-B6 Pyridoxine (mg)	1	26%
Total Folate (mcg)	143	36%
Folate, Food (mcg)	143	
Folic Acid (mcg)	0	
Folate, DFE (mcg_DFE)	143	
Vit-B12 Cyanocobalamin (mcg)	0	0%
Vit-H (mcg) Biotin	0*	0%
Vit-C (mg)	154	257%
Vit-D (IU)	0*	0%
Tocopherol, Alpha (mg)	3*	
Tocopherol, Beta (mg)	0*	
Tocopherol, Gamma (mg)	0*	
Tocopherol, Delta (mg)	0*	
Vit-E (IU)	0*	0%
Vit-K (mcg)	464*	581%
Calcium (mg)	153	15%
Magnesium (mg)	96	24%
Phosphorus (mg)	136	14%
Potassium (mg)	926	
Sodium (mg)	48	2%
Chloride (mg)	0*	0%
Chromium (mcg)	0*	0%
Copper (mg)	0	18%
Fluoride (mg)	0*	
Iodine (mcg)	0*	0%
Iron (mg)	4	22%
Manganese (mg)	1	51%
Molybdenum (mcg)	0*	0%
Selenium (mcg)	5	7%
Zinc (mg)	1	8%

NUTRIENT ANALYSIS/SERVING

Nutrient	Value	%DV	Nutrient	Value	%DV
Histidine (g)	0*		FA 22:0 (g)	0*	
Isoleucine (g)	0*		FA 24:0 (g)	0*	
Leucine (g)	0*		FA 14:1 (g)	0*	
Lysine (g)	0*		FA 15:1 (g)	0	
Methionine (g)	0*		FA 16:1 undifferentiated (g)	0	
Phenylalanine (g)	0*		FA 16:1 c (g)	0*	
Threonine (g)	0*		FA 16:1 t (g)	0*	
Tryptophan (g)	0*		FA 17:1 (g)	0*	
Valine (g)	0*		FA 18:1 undifferentiated (g)	5	
Alanine (g)	0*		FA 18:1 c (g)	0*	
Arginine (g)	0*		FA 18:1 t (g)	0*	
Aspartic acid (g)	1*		FA 20:1 (g)	0	
Cystine (g)	0*		FA 22:1 undifferentiated (g)	0	
Glutamic acid (g)	1*		FA 22:1 c (g)	0*	
Glycine (g)	0*		FA 24:1 c (g)	0*	
Hydroxyproline (g)	0*		FA 18:2 undifferentiated (g)	1	
Proline (g)	0*		FA 18:2 n-6 c,c (g)	0*	
Serine (g)	0*		FA 18:2 i (g)	0*	
Tyrosine (g)	0*		FA 18:2 t not further defined (g)	0*	
FA 4:0 (g)	0		FA 18:2 CLAs (g)	0*	
FA 6:0 (g)	0		FA 18:3 undifferentiated (g)	0	
FA 8:0 (g)	0		FA 18:3 n-3 c,c,c (g)	0*	
FA 10:0 (g)	0		FA 18:3 n-6 c,c,c (g)	0*	
FA 12:0 (g)	0		FA 18:3 i (g)	0	
FA 13:0 (g)	0*		FA 18:4 (g)	0	
FA 14:0 (g)	0		FA 20:2 n-6 c,c (g)	0*	
FA 15:0 (g)	0*		FA 20:3 undifferentiated (g)	0*	
FA 16:0 (g)	1		FA 20:4 undifferentiated (g)	0	
FA 17:0 (g)	0*		FA 20:5 n-3 (g)	0	
FA 18:0 (g)	0		FA 22:5 n-3 (g)	0	
FA 20:0 (g)	0*		FA 22:6 n-3 (g)	0	

Values marked with a single asterisk (*) indicate totals with some values not available. This may result in an under reporting of values.
Due to FDA rounding rules, discrepancies may occur between actual nutrient values and the values used on the Nutrition Facts Labels.