

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 49

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 89mg **4%**

Total Carbohydrates 3g **1%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 1g **3%**

Vitamin A 6IU 0% Vitamin C 0mg 0%

Calcium 34mg 3% Iron 0mg 1%

Vitamin E 0mg 0% Vitamin K 0µg 0%

Thiamin 0mg 6% Riboflavin 0mg 2%

Vitamin D 0IU 0% Niacin 0mg 2%

Vitamin B6 0mg 1% Vitamin B12 0µg 0%

Pantothenic acid 0mg 1% Folate 7µg 2%

Phosphorus 57mg 6% Magnesium 8mg 2%

Zinc 0mg Selenium 0µg

Copper 0mg Manganese 0mg

* 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 15g

Energy 49kcal

Energy 181kJ

Protein 1g **3%**

Total lipid (fat) 4g **6%**

Carbohydrate, by difference 3g **1%**

Fiber, total dietary 1g **3%**

Calcium, Ca 34mg **3%**

Magnesium, Mg 8mg **2%**

Phosphorus, P 57mg **6%**

Potassium, K 34mg **1%**

Sodium, Na 89mg **4%**

Fluoride, F 11µg

Folate, total 7µg

Folate, food 7µg **2%**

Folate, DFE 7µg

Vitamin A, IU 6IU **0%**

Fatty acids, total saturated 1g **3%**

Fatty acids, total monounsaturated 1g

18:1 undifferentiated 1g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g