

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 109

Calories from Fat 45

% Daily Value\*

**Total Fat** 5g **7%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 7mg **0%**

**Total Carbohydrates** 16g **5%**

Dietary Fiber 2g **7%**

Sugars 9g

**Protein** 3g **6%**

Vitamin A 15IU 0%      Vitamin C 3mg 5%

Calcium 50mg 5%      Iron 1mg 5%

Vitamin E 2mg 8%      Vitamin K 2µg 3%

Thiamin 0mg 3%      Riboflavin 0mg 7%

Vitamin D 0IU 0%      Niacin 0mg 2%

Vitamin B6 0mg 6%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 1%      Folate 6µg 2%

Phosphorus 69mg 7%      Magnesium 32mg 8%

Zinc 0mg      Selenium 1µg

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 52g

Energy 109kcal

Energy 456kJ

Protein 3g **6%**

Total lipid (fat) 5g **7%**

Ash 1g

Carbohydrate, by difference 16g **5%**

Fiber, total dietary 2g **7%**

Sugars, total 9g

Glucose (dextrose) 4g

Fructose 4g

Calcium, Ca 50mg **5%**

Iron, Fe 1mg **5%**

Magnesium, Mg 32mg **8%**

Phosphorus, P 69mg **7%**

Potassium, K 197mg **6%**

Sodium, Na 7mg **0%**

Selenium, Se 1µg

Fluoride, F 45µg

Vitamin C, total ascorbic acid 3mg **5%**

Folate, total 6µg

Folate, food 6µg **2%**

Folate, DFE 6µg

Choline, total 8mg

Vitamin A, RAE 1µg

Carotene, beta 9µg

Vitamin A, IU 15IU **0%**

Lutein + zeaxanthin 16µg

Vitamin E (alpha-tocopherol) 2mg **8%**

Vitamin K (phylloquinone) 2µg **3%**

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 3g

18:1 c 3g

**Fatty acids, total polyunsaturated**

1g

**18:2 undifferentiated** 1g

**18:2 n-6 c,c** 1g

**Phytosterols** 1mg

**Beta-sitosterol** 12mg

**Glutamic acid** 1g