

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 465**

Calories from Fat 261

% Daily Value\*

**Total Fat 29g 44%**

Saturated Fat 9g **43%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 162mg 7%**

**Total Carbohydrates 47g 16%**

Dietary Fiber 9g **34%**

Sugars 28g

**Protein 14g 27%**

Vitamin A 65IU 1%      Vitamin C 0mg 1%

Calcium 70mg 7%      Iron 3mg 15%

Vitamin E 3mg 10%      Vitamin K 1µg 2%

Thiamin 0mg 14%      Riboflavin 0mg 6%

Vitamin D 3IU 1%      Niacin 7mg 34%

Vitamin B6 0mg 17%      Vitamin B12 0µg 1%

Pantothenic acid 1mg 10%      Folate 57µg 14%

Phosphorus 257mg 26%      Magnesium 130mg 32%

Zinc 2mg      Selenium 19µg

Copper 1mg      Manganese 1mg

\* 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 23g

Energy 465kcal

Energy 1946kJ

Protein 14g **27%**

Total lipid (fat) 29g **44%**

Ash 2g

Carbohydrate, by difference 47g **16%**

Fiber, total dietary 9g **34%**

Sugars, total 28g

Sucrose 1g

Glucose (dextrose) 13g

Fructose 12g

Starch 7g

Calcium, Ca 70mg **7%**

Iron, Fe 3mg **15%**

Magnesium, Mg 130mg **32%**

Phosphorus, P 257mg **26%**

Potassium, K 666mg **19%**

Sodium, Na 162mg **7%**

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 19µg

Fluoride, F 1µg

Niacin 7mg **34%**

Pantothenic acid 1mg **10%**

Folate, total 57µg

Folate, food 57µg **14%**

Folate, DFE 57µg

Choline, total 38mg

Vitamin A, RAE 3µg

Carotene, beta 32µg

Vitamin A, IU 65IU **1%**

Lutein + zeaxanthin 27µg

<b>Vitamin E (alpha-tocopherol)</b>	3mg	<b>10%</b>
<b>Tocopherol, gamma</b>	3mg	
<b>Vitamin D</b>	3IU	<b>1%</b>
<b>Vitamin K (phylloquinone)</b>	1µg	<b>2%</b>
<b>Fatty acids, total saturated</b>	9g	<b>43%</b>
<b>12:0</b>	2g	
<b>14:0</b>	1g	
<b>16:0</b>	3g	
<b>18:0</b>	1g	
<b>22:0</b>	1g	
<b>Fatty acids, total monounsaturated</b>	11g	
<b>18:1 undifferentiated</b>	10g	
<b>Fatty acids, total polyunsaturated</b>	6g	
<b>18:2 undifferentiated</b>	6g	
<b>Phytosterols</b>	7mg	
<b>Leucine</b>	1g	
<b>Phenylalanine</b>	1g	
<b>Valine</b>	1g	
<b>Arginine</b>	2g	
<b>Alanine</b>	1g	
<b>Aspartic acid</b>	2g	
<b>Glutamic acid</b>	3g	
<b>Glycine</b>	1g	
<b>Proline</b>	1g	
<b>Serine</b>	1g	
<b>Caffeine</b>	5mg	
<b>Theobromine</b>	42mg	