

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

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