

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 182

Calories from Fat 63

% Daily Value\*

**Total Fat** 7g **11%**

Saturated Fat 1g **4%**

Trans Fat 0g

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

**Sodium** 40mg **2%**

**Total Carbohydrates** 30g **10%**

Dietary Fiber 4g **15%**

Sugars 24g

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

Vitamin A 744IU 15%      Vitamin C 2mg 3%

Calcium 169mg 17%      Iron 2mg 9%

Vitamin E 2mg 8%      Vitamin K 1µg 1%

Thiamin 0mg 12%      Riboflavin 0mg 9%

Vitamin D 26IU 6%      Niacin 1mg 7%

Vitamin B6 0mg 5%      Vitamin B12 1µg 13%

Pantothenic acid 0mg 3%      Folate 16µg 4%

Phosphorus 115mg 12%      Magnesium 60mg 15%

Zinc 2mg      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 74g

Energy 182kcal

Energy 760kJ

Protein 3g **6%**

Total lipid (fat) 7g **11%**

Ash 1g

Carbohydrate, by difference 30g **10%**

Fiber, total dietary 4g **15%**

Sugars, total 24g

Sucrose 1g

Glucose (dextrose) 11g

Fructose 8g

Calcium, Ca 169mg **17%**

Iron, Fe 2mg **9%**

Magnesium, Mg 60mg **15%**

Phosphorus, P 115mg **12%**

Potassium, K 402mg **11%**

Sodium, Na 40mg **2%**

Zinc, Zn 2mg

Selenium, Se 1µg

Fluoride, F 5µg

Vitamin C, total ascorbic acid 2mg **3%**

Niacin 1mg **7%**

Folate, total 16µg

Folate, food 16µg **4%**

Folate, DFE 16µg

Choline, total 5mg

Vitamin B-12 1µg **13%**

Vitamin B-12, added 1µg

Vitamin A, RAE 69µg

Retinol 38µg

Carotene, beta 368µg

Cryptoxanthin, beta 1µg

<b>Vitamin A, IU</b>	744IU	<b>15%</b>
<b>Lutein + zeaxanthin</b>	4µg	
<b>Vitamin E (alpha-tocopherol)</b>	2mg	<b>8%</b>
<b>Vitamin E, added</b>	2mg	
<b>Vitamin D</b>	26IU	<b>6%</b>
<b>Vitamin K (phylloquinone)</b>	1µg	<b>1%</b>
<b>Fatty acids, total saturated</b>	1g	<b>4%</b>
<b>16:0</b>	1g	
<b>Fatty acids, total monounsaturated</b>	3g	
<b>18:1 undifferentiated</b>	3g	
<b>Fatty acids, total polyunsaturated</b>	3g	
<b>18:2 undifferentiated</b>	3g	
<b>Phytosterols</b>	16mg	
<b>Glutamic acid</b>	1g	