

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 188

Calories from Fat 81

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 37mg **2%**

Total Carbohydrates 27g **9%**

Dietary Fiber 5g **22%**

Sugars 20g

Protein 2g **5%**

Vitamin A 607IU 12% Vitamin C 8mg 14%

Calcium 36mg 4% Iron 1mg 6%

Vitamin E 2mg 6% Vitamin K 17µg 21%

Thiamin 0mg 5% Riboflavin 0mg 6%

Vitamin D 0IU 0% Niacin 2mg 8%

Vitamin B6 0mg 11% Vitamin B12 0µg 0%

Pantothenic acid 1mg 9% Folate 48µg 12%

Phosphorus 80mg 8% Magnesium 46mg 11%

Zinc 1mg Selenium 0µg

Copper 0mg 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 102g

Energy 188kcal

Energy 786kJ

Protein 2g **5%**

Total lipid (fat) 9g **14%**

Ash 2g

Carbohydrate, by difference 27g **9%**

Fiber, total dietary 5g **22%**

Sugars, total 20g

Glucose (dextrose) 10g

Fructose 9g

Calcium, Ca 36mg **4%**

Iron, Fe 1mg **6%**

Magnesium, Mg 46mg **11%**

Phosphorus, P 80mg **8%**

Potassium, K 534mg **15%**

Sodium, Na 37mg **2%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Fluoride, F 4µg

Vitamin C, total ascorbic acid **14%**

8mg

Niacin 2mg **8%**

Pantothenic acid 1mg **9%**

Folate, total 48µg

Folate, food 48µg **12%**

Folate, DFE 48µg

Choline, total 15mg

Vitamin A, RAE 30µg

Carotene, beta 310µg

Carotene, alpha 56µg

Cryptoxanthin, beta 53µg

Vitamin A, IU 607IU **12%**

Lycopene 579µg

Lutein + zeaxanthin 157µg
Vitamin E (alpha-tocopherol) 2mg 6%

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 17µg 21%

Fatty acids, total saturated 1g 6%

16:0 1g

Fatty acids, total

monounsaturated 5g

18:1 undifferentiated 5g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 2mg

Stigmasterol 1mg

Campesterol 3mg

Beta-sitosterol 38mg