

Nutrition Facts

Serving Size

Serving Per Recipe About 24

Amount Per Serving

Calories 209

Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 183mg 8%

Total Carbohydrates 28g 9%

Dietary Fiber 4g 14%

Sugars 14g

Protein 4g 9%

Vitamin A 3959IU 79% Vitamin C 16mg 27%

Calcium 36mg 4% Iron 1mg 6%

Vitamin E 1mg 2% Vitamin K 4µg 5%

Thiamin 0mg 10% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 1mg 4%

Vitamin B6 0mg 9% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 23µg 6%

Phosphorus 85mg 9% Magnesium 42mg 11%

Zinc 1mg Selenium 7µg

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 65g

Energy 209kcal

Energy 876kJ

Protein 4g 9%

Total lipid (fat) 10g 16%

Ash 1g

Carbohydrate, by difference 28g 9%

Fiber, total dietary 4g 14%

Sugars, total 14g

Sucrose 1g

Glucose (dextrose) 5g

Fructose 5g

Starch 1g

Calcium, Ca 36mg 4%

Iron, Fe 1mg 6%

Magnesium, Mg 42mg 11%

Phosphorus, P 85mg 9%

Potassium, K 324mg 9%

Sodium, Na 183mg 8%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 7µg

Vitamin C, total ascorbic acid 16mg 27%

Niacin 1mg 4%

Folate, total 23µg

Folate, food 23µg 6%

Folate, DFE 23µg

Choline, total 10mg

Betaine 8mg

Vitamin A, RAE 198µg

Carotene, beta 1918µg

Carotene, alpha 819µg

Cryptoxanthin, beta 83µg

Vitamin A, IU	3959IU	79%
Lutein + zeaxanthin	76µg	
Vitamin E (alpha-tocopherol)	1mg	2%
Tocopherol, gamma	2mg	
Vitamin K (phylloquinone)	4µg	5%
Fatty acids, total saturated	2g	11%
12:0	1g	
16:0	1g	
Fatty acids, total monounsaturated	5g	
16:1 undifferentiated	1g	
18:1 undifferentiated	4g	
Fatty acids, total polyunsaturated	2g	
18:2 undifferentiated	2g	
18:2 n-6 c,c	2g	
Phytosterols	13mg	
Campesterol	1mg	
Beta-sitosterol	14mg	
Glutamic acid	1g	