

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 209

Calories from Fat 90

% Daily Value*

Total Fat 10g 15%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrates 27g 9%

Dietary Fiber 6g 24%

Sugars 11g

Protein 7g 13%

Vitamin A 1651IU 33% Vitamin C 28mg 47%

Calcium 85mg 8% Iron 2mg 9%

Vitamin E 5mg 18% Vitamin K 127µg 159%

Thiamin 0mg 9% Riboflavin 0mg 17%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 9% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 42µg 10%

Phosphorus 155mg 16% Magnesium 80mg 20%

Zinc 1mg Selenium 4µg

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 151g

Energy 209kcal

Energy 877kJ

Protein 7g 13%

Total lipid (fat) 10g 15%

Ash 1g

Carbohydrate, by difference 9%

27g

Fiber, total dietary 6g 24%

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 5g

Fructose 5g

Starch 7g

Calcium, Ca 85mg 8%

Iron, Fe 2mg 9%

Magnesium, Mg 80mg 20%

Phosphorus, P 155mg 16%

Potassium, K 373mg 11%

Sodium, Na 10mg 0%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 43µg

Vitamin C, total ascorbic acid 47%

28mg Niacin 1mg 7%

Folate, total 42µg

Folate, food 42µg 10%

Folate, DFE 42µg

Choline, total 20mg

Vitamin A, RAE 83µg

Carotene, beta 977µg

Carotene, alpha 14µg
Cryptoxanthin, beta 13µg

Vitamin A, IU 1651IU **33%**

Lutein + zeaxanthin 1394µg

Vitamin E (alpha-tocopherol) **18%**
5mg

Vitamin K (phylloquinone) **159%**
127µg

Fatty acids, total saturated 1g **4%**

16:0 1g

Fatty acids, total monounsaturated 6g

18:1 undifferentiated 6g

18:1 c 6g

Fatty acids, total polyunsaturated 3g

18:2 undifferentiated 3g

18:2 n-6 c,c 2g

Phytosterols 3mg

Stigmasterol 1mg

Campesterol 1mg

Beta-sitosterol 23mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g