

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 153

Calories from Fat 63

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrates 22g **7%**

Dietary Fiber 3g **13%**

Sugars 18g

Protein 4g **7%**

Vitamin A 50IU 1% Vitamin C 4mg 7%

Calcium 27mg 3% Iron 1mg 5%

Vitamin E 0mg 2% Vitamin K 8µg 10%

Thiamin 0mg 3% Riboflavin 0mg 3%

Vitamin D 0IU 0% Niacin 1mg 3%

Vitamin B6 0mg 7% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 9µg 2%

Phosphorus 83mg 8% Magnesium 36mg 9%

Zinc 1mg Selenium 2µg

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 58g

Energy 153kcal

Energy 641kJ

Protein 4g **7%**

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

Ash 1g

Carbohydrate, by difference 22g **7%**

Fiber, total dietary 3g **13%**

Sugars, total 18g

Glucose (dextrose) 6g

Fructose 6g

Calcium, Ca 27mg **3%**

Iron, Fe 1mg **5%**

Magnesium, Mg 36mg **9%**

Phosphorus, P 83mg **8%**

Potassium, K 255mg **7%**

Sodium, Na 2mg **0%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 16µg

Vitamin C, total ascorbic acid 4mg **7%**

Niacin 1mg **3%**

Folate, total 9µg

Folate, food 9µg **2%**

Folate, DFE 9µg

Choline, total 8mg

Vitamin A, RAE 3µg

Carotene, beta 29µg

Vitamin A, IU 50IU **1%**

Lutein + zeaxanthin 34µg

Tocopherol, gamma 4mg

Vitamin K (phylloquinone) 8µg **10%**

**Fatty acids, total
monounsaturated 2g
18:1 undifferentiated 2g**
**Fatty acids, total
polyunsaturated 4g
18:2 undifferentiated 4g
18:2 n-6 c,c 4g**
**Campesterol 1mg
Beta-sitosterol 13mg
Glutamic acid 1g**