

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 194

Calories from Fat 81

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrates 25g **8%**

Dietary Fiber 4g **14%**

Sugars 12g

Protein 6g **12%**

Vitamin A 15579IU 312% Vitamin C 19mg 32%

Calcium 73mg 7% Iron 2mg 13%

Vitamin E 1mg 5% Vitamin K 43µg 54%

Thiamin 0mg 14% Riboflavin 0mg 6%

Vitamin D 8IU 2% Niacin 1mg 5%

Vitamin B6 0mg 15% Vitamin B12 0µg 3%

Pantothenic acid 0mg 5% Folate 27µg 7%

Phosphorus 139mg 14% Magnesium 105mg 26%

Zinc 1mg Selenium 4µg

Copper 0mg Manganese 36mg

* 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 233g

Energy 194kcal

Energy 694kJ

Protein 6g **12%**

Total lipid (fat) 9g **13%**

Ash 2g

Carbohydrate, by difference 8%

25g

Fiber, total dietary 4g **14%**

Sugars, total 12g

Sucrose 2g

Glucose (dextrose) 2g

Fructose 4g

Starch 3g

Calcium, Ca 73mg **7%**

Iron, Fe 2mg **13%**

Magnesium, Mg 105mg **26%**

Phosphorus, P 139mg **14%**

Potassium, K 509mg **15%**

Sodium, Na 190mg **8%**

Zinc, Zn 1mg

Manganese, Mn 36mg

Selenium, Se 4µg

Vitamin C, total ascorbic acid 32%

19mg

Niacin 1mg **5%**

Folate, total 27µg

Folate, food 27µg **7%**

Folate, DFE 27µg

Choline, total 8mg

Vitamin A, RAE 771µg

Carotene, beta 7213µg

Carotene, alpha 2856µg

Cryptoxanthin, beta 1224µg

Vitamin A, IU 15579IU	312%
Lycopene 1µg	
Lutein + zeaxanthin 540µg	
Vitamin E (alpha-tocopherol)	5%
1mg	
Tocopherol, gamma 1mg	
Vitamin D 8IU	2%
Vitamin K (phylloquinone) 43µg	54%
Fatty acids, total saturated 1g	6%
16:0 1g	
Fatty acids, total monounsaturated 3g	
18:1 undifferentiated 3g	
Fatty acids, total polyunsaturated 1g	
18:2 undifferentiated 1g	
Phytosterols 3mg	
Campesterol 1mg	
Beta-sitosterol 16mg	
Glutamic acid 1g	