

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 239**

Calories from Fat 117

% Daily Value\*

**Total Fat 13g 20%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 13mg 1%**

**Total Carbohydrates 29g 10%**

Dietary Fiber 6g 25%

Sugars 20g

**Protein 7g 14%**

Vitamin A 122IU 2%      Vitamin C 5mg 9%

Calcium 119mg 12%      Iron 2mg 9%

Vitamin E 6mg 21%      Vitamin K 11µg 14%

Thiamin 0mg 8%      Riboflavin 0mg 22%

Vitamin D 15IU 4%      Niacin 1mg 7%

Vitamin B6 0mg 6%      Vitamin B12 0µg 6%

Pantothenic acid 0mg 4%      Folate 17µg 4%

Phosphorus 153mg 15%      Magnesium 90mg 22%

Zinc 1mg      Selenium 1µg

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 82g**

**Energy 239kcal**

**Energy 1000kJ**

**Protein 7g 14%**

**Total lipid (fat) 13g 20%**

**Ash 1g**

**Carbohydrate, by difference 29g 10%**

**Fiber, total dietary 6g 25%**

**Sugars, total 20g**

**Sucrose 1g**

**Glucose (dextrose) 9g**

**Fructose 9g**

**Calcium, Ca 119mg 12%**

**Iron, Fe 2mg 9%**

**Magnesium, Mg 90mg 22%**

**Phosphorus, P 153mg 15%**

**Potassium, K 409mg 12%**

**Sodium, Na 13mg 1%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 1µg**

**Vitamin C, total ascorbic acid 5mg 9%**

**Niacin 1mg 7%**

**Folate, total 17µg**

**Folate, food 17µg 4%**

**Folate, DFE 17µg**

**Choline, total 18mg**

**Vitamin A, RAE 3µg**

**Carotene, beta 35µg**

**Vitamin A, IU 122IU 2%**

**Lutein + zeaxanthin 50µg**

**Vitamin E (alpha-tocopherol) 6mg 21%**

**Vitamin D 15IU 4%**

**Vitamin K (phylloquinone)** 11µg 14%  
**Fatty acids, total saturated** 1g 5%

**16:0** 1g

**Fatty acids, total monounsaturated** 8g

**18:1 undifferentiated** 8g

**18:1 c** 7g

**Fatty acids, total polyunsaturated** 3g

**18:2 undifferentiated** 3g

**18:2 n-6 c,c** 3g

**Stigmasterol** 1mg

**Campesterol** 1mg

**Beta-sitosterol** 31mg

**Arginine** 1g

**Aspartic acid** 1g

**Glutamic acid** 2g

**Caffeine** 3mg

**Theobromine** 28mg