

## Nutrition Facts

Serving Size

Serving Per Recipe About 4

Amount Per Serving

**Calories** 192

Calories from Fat 72

% Daily Value\*

**Total Fat** 8g **13%**

Saturated Fat 1g **4%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 89mg **4%**

**Total Carbohydrates** 30g **10%**

Dietary Fiber 7g **27%**

Sugars 18g

**Protein** 5g **10%**

Vitamin A 1711IU 34%    Vitamin C 9mg 15%

Calcium 285mg 29%    Iron 2mg 11%

Vitamin E 7mg 24%    Vitamin K 85µg 107%

Thiamin 0mg 6%    Riboflavin 0mg 26%

Vitamin D 52IU 13%    Niacin 1mg 7%

Vitamin B6 0mg 10%    Vitamin B12 2µg 25%

Pantothenic acid 0mg 3%    Folate 48µg 12%

Phosphorus 118mg 12%    Magnesium 84mg 21%

Zinc 2mg    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** 214g

**Energy** 192kcal

**Energy** 802kJ

**Protein** 5g **10%**

**Total lipid (fat)** 8g **13%**

**Ash** 2g

**Carbohydrate, by difference** **10%**

30g

**Fiber, total dietary** 7g **27%**

**Sugars, total** 18g

**Sucrose** 1g

**Glucose (dextrose)** 2g

**Fructose** 1g

**Starch** 2g

**Calcium, Ca** 285mg **29%**

**Iron, Fe** 2mg **11%**

**Magnesium, Mg** 84mg **21%**

**Phosphorus, P** 118mg **12%**

**Potassium, K** 439mg **13%**

**Sodium, Na** 89mg **4%**

**Zinc, Zn** 2mg

**Manganese, Mn** 1mg

**Selenium, Se** 2µg

**Fluoride, F** 1µg

**Vitamin C, total ascorbic acid** **15%**

9mg

**Niacin** 1mg **7%**

**Folate, total** 48µg

**Folate, food** 48µg **12%**

**Folate, DFE** 48µg

**Choline, total** 18mg

**Betaine** 15mg

**Vitamin B-12** 2µg **25%**

**Vitamin B-12, added** 2µg

**Vitamin A, RAE** 148µg

**Retinol** 76µg

**Carotene, beta** 873µg

**Carotene, alpha** 7µg

**Vitamin A, IU** 1711IU **34%**

**Lutein + zeaxanthin** 1891µg

**Vitamin E (alpha-tocopherol)** **24%**

7mg

**Vitamin E, added** 3mg

**Vitamin D** 52IU **13%**

**Vitamin K (phylloquinone)** 85µg **107%**

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

**16:0** 1g

**Fatty acids, total monounsaturated** 5g

**18:1 undifferentiated** 5g

**18:1 c** 4g

**Fatty acids, total polyunsaturated** 2g

**18:2 undifferentiated** 2g

**18:2 n-6 c,c** 1g

**Phytosterols** 6mg

**Campesterol** 1mg

**Beta-sitosterol** 15mg

**Glutamic acid** 1g

**Caffeine** 9mg

**Theobromine** 83mg