

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