

Nutrition Facts

Serving Size

Serving Per Recipe About 16

Amount Per Serving

Calories 400

Calories from Fat 117

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 267mg **11%**

Total Carbohydrates 70g **23%**

Dietary Fiber 8g **33%**

Sugars 43g

Protein 10g **20%**

Vitamin A 1636IU 33% Vitamin C 7mg 11%

Calcium 99mg 10% Iron 3mg 18%

Vitamin E 0mg 2% Vitamin K 19µg 24%

Thiamin 0mg 14% Riboflavin 0mg 9%

Vitamin D 6IU 1% Niacin 2mg 11%

Vitamin B6 0mg 16% Vitamin B12 0µg 2%

Pantothenic acid 1mg 9% Folate 40µg 10%

Phosphorus 286mg 29% Magnesium 135mg 34%

Zinc 2mg Selenium 11µg

Copper 1mg 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 81g

Energy 400kcal

Energy 1675kJ

Protein 10g **20%**

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

Ash 3g

Carbohydrate, by difference 70g **23%**

Fiber, total dietary 8g **33%**

Sugars, total 43g

Sucrose 3g

Glucose (dextrose) 19g

Fructose 20g

Maltose 1g

Starch 10g

Calcium, Ca 99mg **10%**

Iron, Fe 3mg **18%**

Magnesium, Mg 135mg **34%**

Phosphorus, P 286mg **29%**

Potassium, K 787mg **22%**

Sodium, Na 267mg **11%**

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 11µg

Vitamin C, total ascorbic acid 7mg **11%**

Niacin 2mg **11%**

Pantothenic acid 1mg **9%**

Folate, total 40µg

Folate, food 40µg **10%**

Folate, DFE 40µg

Choline, total 11mg

Betaine 8mg

Vitamin A, RAE 80µg

Carotene, beta 827µg
Carotene, alpha 278µg

Cryptoxanthin, beta 3µg

Vitamin A, IU 1636IU **33%**

Lutein + zeaxanthin 298µg

Tocopherol, gamma 2mg

Vitamin D 6IU **1%**

Vitamin K (phylloquinone) 19µg **24%**

Fatty acids, total saturated 2g **11%**

16:0 1g

18:0 1g

Fatty acids, total monounsaturated 5g

18:1 undifferentiated 5g

Fatty acids, total polyunsaturated 4g

18:2 undifferentiated 4g

18:3 undifferentiated 1g

Phytosterols 2mg

Campesterol 2mg

Beta-sitosterol 26mg

Leucine 1g

Valine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 2g

Proline 1g

Serine 1g

Caffeine 8mg

Theobromine 69mg