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Nutrition Facts

Serving Size
Serving Per Recipe About 16

Amount Per Serving

Calories 301 — Calories from Fat 54

	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 1g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 251mg	**10%**
Total Carbohydrates 64g	**21%**
Dietary Fiber 6g	**25%**
Sugars 44g	
Protein 5g	**9%**

Vitamin A 1113IU 22%	o	Vitamin C 8mg 14%
Calcium 69mg 7%	o	Iron 1mg 8%
Vitamin E 0mg 1%	o	Vitamin K 3µg 4%
Thiamin 0mg 7%	o	Riboflavin 0mg 5%
Vitamin D 0IU 0%	o	Niacin 1mg 7%
Vitamin B6 0mg 14%	o	Vitamin B12 0µg 0%
Pantothenic acid 1mg 6%	o	Folate 37µg 9%
Phosphorus 122mg 12%	o	Magnesium 61mg 15%
Zinc 1mg	o	Selenium 7µg
Copper 0mg	o	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 67g	
Energy 301kcal	
Energy 1260kJ	
Protein 5g	**9%**
Total lipid (fat) 6g	**9%**
Ash 2g	
Carbohydrate, by difference 64g	**21%**
Fiber, total dietary 6g	**25%**
Sugars, total 44g	
Sucrose 2g	
Glucose (dextrose) 18g	
Fructose 18g	
Starch 1g	
Calcium, Ca 69mg	**7%**
Iron, Fe 1mg	**8%**
Magnesium, Mg 61mg	**15%**
Phosphorus, P 122mg	**12%**
Potassium, K 637mg	**18%**
Sodium, Na 251mg	**10%**
Zinc, Zn 1mg	
Manganese, Mn 1mg	
Selenium, Se 7µg	
Fluoride, F 3µg	
Vitamin C, total ascorbic acid 8mg	**14%**
Niacin 1mg	**7%**
Pantothenic acid 1mg	**6%**
Folate, total 37µg	
Folate, food 37µg	**9%**
Folate, DFE 37µg	
Choline, total 14mg	
Betaine 11mg	
Vitamin A, RAE 55µg	
Carotene, beta 561µg	

Carotene, alpha 212µg	
Cryptoxanthin, beta 1µg	
Vitamin A, IU 1113IU	**22%**
Lutein + zeaxanthin 127µg	
Tocopherol, gamma 2mg	
Vitamin K (phylloquinone) 3µg	**4%**
Fatty acids, total saturated 1g	**3%**
Fatty acids, total monounsaturated 1g	
18:1 undifferentiated 1g	
Fatty acids, total polyunsaturated 4g	
18:2 undifferentiated 3g	
18:3 undifferentiated 1g	
Phytosterols 6mg	
Beta-sitosterol 6mg	
Glutamic acid 1g	
Caffeine 3mg	
Theobromine 28mg	