

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% Vitamin C 8mg 14%

Calcium 69mg 7% Iron 1mg 8%

Vitamin E 0mg 1% Vitamin K 3µg 4%

Thiamin 0mg 7% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 14% Vitamin B12 0µg 0%

Pantothenic acid 1mg 6% Folate 37µg 9%

Phosphorus 122mg 12% Magnesium 61mg 15%

Zinc 1mg Selenium 7µg

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 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