

Nutrition Facts

Serving Size

Serving Per Recipe About 2

Amount Per Serving

Calories 223 Calories from Fat 18

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 27mg **1%**

Total Carbohydrates 53g **18%**

Dietary Fiber 6g **26%**

Sugars 42g

Protein 4g **9%**

Vitamin A 1689IU 34% Vitamin C 12mg 19%

Calcium 128mg 13% Iron 1mg 8%

Vitamin E 0mg 0% Vitamin K 4µg 5%

Thiamin 0mg 10% Riboflavin 0mg 12%

Vitamin D 30IU 8% Niacin 1mg 7%

Vitamin B6 0mg 10% Vitamin B12 1µg 11%

Pantothenic acid 1mg 6% Folate 17µg 4%

Phosphorus 87mg 9% Magnesium 60mg 15%

Zinc 1mg Selenium 0µg

Copper 0mg Manganese 0mg

* 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 168g

Energy 223kcal

Energy 935kJ

Protein 4g **9%**

Total lipid (fat) 2g **3%**

Ash 2g

Carbohydrate, by difference 53g **18%**

Fiber, total dietary 6g **26%**

Sugars, total 42g

Sucrose 1g

Glucose (dextrose) 21g

Fructose 19g

Calcium, Ca 128mg **13%**

Iron, Fe 1mg **8%**

Magnesium, Mg 60mg **15%**

Phosphorus, P 87mg **9%**

Potassium, K 652mg **19%**

Sodium, Na 27mg **1%**

Zinc, Zn 1mg

Vitamin C, total ascorbic acid 12mg **19%**

Niacin 1mg **7%**

Pantothenic acid 1mg **6%**

Folate, total 17µg

Folate, food 17µg **4%**

Folate, DFE 17µg

Choline, total 12mg

Vitamin B-12 1µg **11%**

Vitamin A, RAE 78µg

Carotene, beta 938µg

Vitamin A, IU 1689IU **34%**

Lutein + zeaxanthin 111µg

Vitamin D2 (ergocalciferol) 1µg

Vitamin D 30IU **8%**

Vitamin K (phylloquinone) 4µg 5%

**Fatty acids, total
polyunsaturated 1g**

Alcohol, ethyl 1g

Caffeine 6mg

Theobromine 56mg