

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 147

Calories from Fat 36

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 22mg **1%**

Total Carbohydrates 28g **9%**

Dietary Fiber 4g **15%**

Sugars 22g

Protein 3g **7%**

Vitamin A 498IU 10% Vitamin C 3mg 5%

Calcium 97mg 10% Iron 1mg 6%

Vitamin E 2mg 6% Vitamin K 22µg 28%

Thiamin 0mg 2% Riboflavin 0mg 12%

Vitamin D 23IU 6% Niacin 1mg 4%

Vitamin B6 0mg 5% Vitamin B12 1µg 9%

Pantothenic acid 0mg 3% Folate 20µg 5%

Phosphorus 60mg 6% Magnesium 49mg 12%

Zinc 1mg Selenium 2µg

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 67g

Energy 147kcal

Energy 614kJ

Protein 3g **7%**

Total lipid (fat) 4g **6%**

Ash 1g

Carbohydrate, by difference 28g **9%**

Fiber, total dietary 4g **15%**

Sugars, total 22g

Glucose (dextrose) 10g

Fructose 10g

Calcium, Ca 97mg **10%**

Iron, Fe 1mg **6%**

Magnesium, Mg 49mg **12%**

Phosphorus, P 60mg **6%**

Potassium, K 353mg **10%**

Sodium, Na 22mg **1%**

Zinc, Zn 1mg

Selenium, Se 2µg

Vitamin C, total ascorbic acid 3mg **5%**

Niacin 1mg **4%**

Folate, total 20µg

Folate, food 20µg **5%**

Folate, DFE 16µg

Choline, total 8mg

Betaine 4mg

Vitamin B-12 1µg **9%**

Vitamin A, RAE 20µg

Carotene, beta 242µg

Vitamin A, IU 498IU **10%**

Lutein + zeaxanthin 479µg

Vitamin E (alpha-tocopherol) 2mg **6%**

Vitamin D 23IU **6%**

Vitamin K (phylloquinone) 22µg 28%

Fatty acids, total

monounsaturated 2g

18:1 undifferentiated 2g

18:1 c 2g

Fatty acids, total

polyunsaturated 1g

18:2 undifferentiated 1g

18:2 n-6 c,c 1g

Beta-sitosterol 8mg

Glutamic acid 1g

Caffeine 3mg

Theobromine 28mg