

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 214

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 42mg 2%

Total Carbohydrates 40g 13%

Dietary Fiber 6g 24%

Sugars 31g

Protein 4g 7%

Vitamin A 97IU 2% Vitamin C 2mg 4%

Calcium 41mg 4% Iron 1mg 6%

Vitamin E 1mg 3% Vitamin K 6µg 8%

Thiamin 0mg 3% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 2mg 11%

Vitamin B6 0mg 11% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 26µg 7%

Phosphorus 90mg 9% Magnesium 62mg 15%

Zinc 1mg Selenium 4µg

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 50g

Energy 214kcal

Energy 896kJ

Protein 4g 7%

Total lipid (fat) 7g 11%

Ash 2g

Carbohydrate, by difference 40g 13%

Fiber, total dietary 6g 24%

Sugars, total 31g

Glucose (dextrose) 16g

Fructose 15g

Calcium, Ca 41mg 4%

Iron, Fe 1mg 6%

Magnesium, Mg 62mg 15%

Phosphorus, P 90mg 9%

Potassium, K 508mg 15%

Sodium, Na 42mg 2%

Zinc, Zn 1mg

Selenium, Se 4µg

Fluoride, F 17µg

Vitamin C, total ascorbic acid 2mg 4%

Niacin 2mg 11%

Pantothenic acid 1mg 7%

Folate, total 26µg

Folate, food 26µg 7%

Folate, DFE 26µg

Choline, total 13mg

Vitamin A, RAE 5µg

Carotene, beta 53µg

Carotene, alpha 5µg

Cryptoxanthin, beta 5µg

Vitamin A, IU 97IU 2%

Lutein + zeaxanthin 66µg

Vitamin E (alpha-tocopherol) 1mg **3%**
Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 6µg **8%**

Fatty acids, total saturated 1g **7%**

16:0 1g

Fatty acids, total monounsaturated 4g

18:1 undifferentiated 3g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Campesterol 1mg

Beta-sitosterol 14mg

Glutamic acid 1g

Caffeine 8mg

Theobromine 69mg