

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 172

Calories from Fat 117

% Daily Value*

Total Fat 13g 19%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 129mg 5%

Total Carbohydrates 12g 4%

Dietary Fiber 1g 5%

Sugars 2g

Protein 6g 11%

Vitamin A 3IU 0% Vitamin C 4mg 7%

Calcium 36mg 4% Iron 2mg 12%

Vitamin E 0mg 1% Vitamin K 10µg 13%

Thiamin 0mg 9% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 2%

Vitamin B6 0mg 8% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 9µg 2%

Phosphorus 176mg 18% Magnesium 88mg 22%

Zinc 2mg Selenium 6µg

Copper 1mg 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 40g

Energy 172kcal

Energy 696kJ

Protein 6g 11%

Total lipid (fat) 13g 19%

Ash 1g

Carbohydrate, by difference 12g 4%

Fiber, total dietary 1g 5%

Sugars, total 2g

Sucrose 2g

Starch 7g

Calcium, Ca 36mg 4%

Iron, Fe 2mg 12%

Magnesium, Mg 88mg 22%

Phosphorus, P 176mg 18%

Potassium, K 222mg 6%

Sodium, Na 129mg 5%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 6µg

Fluoride, F 21µg

Vitamin C, total ascorbic acid 4mg 7%

Folate, total 9µg

Folate, food 9µg 2%

Folate, DFE 9µg

Choline, total 1mg

Carotene, beta 1µg

Vitamin A, IU 3IU 0%

Lutein + zeaxanthin 9µg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) 10µg 13%

Fatty acids, total saturated 2g 11%

16:0 1g

18:0 1g

Fatty acids, total

monounsaturated 7g

18:1 undifferentiated 7g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 2mg

Campesterol 3mg

Beta-sitosterol 32mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g