

## 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