

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 163

Calories from Fat 117

% Daily Value*

Total Fat 13g 19%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrates 10g 3%

Dietary Fiber 1g 5%

Sugars 2g

Protein 5g 11%

Vitamin A 32IU 1% Vitamin C 4mg 6%

Calcium 22mg 2% Iron 2mg 11%

Vitamin E 0mg 1% Vitamin K 14µg 17%

Thiamin 0mg 8% 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 174mg 17% Magnesium 86mg 21%

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 38g

Energy 163kcal

Energy 682kJ

Protein 5g 11%

Total lipid (fat) 13g 19%

Ash 1g

Carbohydrate, by difference 10g 3%

Fiber, total dietary 1g 5%

Sugars, total 2g

Sucrose 2g

Starch 7g

Calcium, Ca 22mg 2%

Iron, Fe 2mg 11%

Magnesium, Mg 86mg 21%

Phosphorus, P 174mg 17%

Potassium, K 211mg 6%

Sodium, Na 5mg 0%

Zinc, Zn 2mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 6µg

Fluoride, F 21µg

Vitamin C, total ascorbic acid 4mg 6%

Folate, total 9µg

Folate, food 9µg 2%

Folate, DFE 9µg

Choline, total 1mg

Vitamin A, RAE 2µg

Carotene, beta 19µg

Vitamin A, IU 32IU 1%

Lutein + zeaxanthin 30µg

Tocopherol, gamma 2mg

Vitamin K (phylloquinone) 14µg 17%

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 1mg

Campesterol 3mg

Beta-sitosterol 32mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g