

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 270

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrates 57g 19%

Dietary Fiber 7g **30%**

Sugars 17g

Protein 7g 13%

Vitamin A 73IU 1% Vitamin C 10mg 17%

Calcium 36mg 4% Iron 2mg 12%

Vitamin E 0mg 1% Vitamin K 2µg 2%

Thiamin 0mg 15% Riboflavin 0mg 9%

Vitamin D 0IU 0% Niacin 1mg 6%

Vitamin B6 0mg 23% Vitamin B12 0µg 0%

Pantothenic acid 1mg 8% Folate 36µg 9%

Phosphorus 196mg 20% Magnesium 89mg 22%

Zinc 2mg Selenium 13µg

Copper 0mg Manganese 2mg

* 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 208g

Energy 270kcal

Energy 1128kJ

Protein 7g **13%**

Total lipid (fat) 3g **5%**

Ash 2g

Carbohydrate, by difference 57g **19%**

Fiber, total dietary 7g **30%**

Sugars, total 17g

Sucrose 3g

Glucose (dextrose) 7g

Fructose 7g

Starch 30g

Calcium, Ca 36mg **4%**

Iron, Fe 2mg **12%**

Magnesium, Mg 89mg **22%**

Phosphorus, P 196mg **20%**

Potassium, K 589mg **17%**

Sodium, Na 9mg **0%**

Zinc, Zn 2mg

Manganese, Mn 2mg

Selenium, Se 13µg

Fluoride, F 99µg

Vitamin C, total ascorbic acid 10mg **17%**

Niacin 1mg **6%**

Pantothenic acid 1mg **8%**

Folate, total 36µg

Folate, food 36µg **9%**

Folate, DFE 36µg

Choline, total 28mg

Vitamin A, RAE 3µg

Carotene, beta 30µg

Carotene, alpha 28µg

Vitamin A, IU	73IU	1%
Lutein + zeaxanthin	98µg	
Vitamin K (phylloquinone)	2µg	2%
Fatty acids, total saturated	1g	3%
Fatty acids, total monounsaturated	1g	
18:1 undifferentiated	1g	
Fatty acids, total polyunsaturated	1g	
18:2 undifferentiated	1g	
Phytosterols	18mg	
Aspartic acid	1g	
Glutamic acid	1g	