

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 216

Calories from Fat 9

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 11mg 0%

Total Carbohydrates 55g 18%

Dietary Fiber 8g 34%

Sugars 41g

Protein 3g 5%

Vitamin A 16IU 0% Vitamin C 4mg 7%

Calcium 127mg 13% Iron 2mg 9%

Vitamin E 0mg 1% Vitamin K 13µg 16%

Thiamin 0mg 5% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 1mg 3%

Vitamin B6 0mg 5% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 10µg 3%

Phosphorus 57mg 6% Magnesium 55mg 14%

Zinc 0mg Selenium 0µg

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 79g

Energy 216kcal

Energy 904kJ

Protein 3g 5%

Total lipid (fat) 1g 1%

Ash 2g

Carbohydrate, by difference 55g 18%

Fiber, total dietary 8g 34%

Sugars, total 41g

Glucose (dextrose) 20g

Fructose 20g

Starch 4g

Calcium, Ca 127mg 13%

Iron, Fe 2mg 9%

Magnesium, Mg 55mg 14%

Phosphorus, P 57mg 6%

Potassium, K 566mg 16%

Sodium, Na 11mg 0%

Fluoride, F 11µg

Vitamin C, total ascorbic acid 4mg 7%

Niacin 1mg 3%

Folate, total 10µg

Folate, food 10µg 3%

Folate, DFE 10µg

Choline, total 14mg

Betaine 1mg

Carotene, beta 9µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 16IU 0%

Lutein + zeaxanthin 40µg

Vitamin K (phylloquinone) 13µg 16%

Phytosterols 3mg

Aspartic acid 1g
