

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 95

Calories from Fat 54

% Daily Value*

Total Fat 6g 9%

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrates 8g 3%

Dietary Fiber 1g **5%**

Sugars 0g

Protein 4g 8%

Vitamin A 64IU 1% Vitamin C 5mg 8%

Calcium 61mg 6% Iron 1mg 6%

Vitamin E 0mg 0% Vitamin K 0µg 0%

Thiamin 0mg 15% Riboflavin 0mg 10%

Vitamin D 15IU 4% Niacin 1mg 6%

Vitamin B6 0mg 9% Vitamin B12 0µg 6%

Pantothenic acid 1mg 6% Folate 64µg 16%

Phosphorus 96mg 10% Magnesium 38mg 9%

Zinc 1mg Selenium 3µg

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 72g

Energy 95kcal

Energy 393kJ

Protein 4g **8%**

Total lipid (fat) 6g **9%**

Ash 1g

Carbohydrate, by difference 8g **3%**

Fiber, total dietary 1g **5%**

Calcium, Ca 61mg **6%**

Iron, Fe 1mg **6%**

Magnesium, Mg 38mg **9%**

Phosphorus, P 96mg **10%**

Potassium, K 178mg **5%**

Sodium, Na 45mg **2%**

Zinc, Zn 1mg

Selenium, Se 3µg

Fluoride, F 21µg

Vitamin C, total ascorbic acid 5mg **8%**

Niacin 1mg **6%**

Pantothenic acid 1mg **6%**

Folate, total 64µg

Folate, food 64µg **16%**

Folate, DFE 64µg

Choline, total 5mg

Carotene, beta 1µg

Vitamin A, IU 64IU **1%**

Lutein + zeaxanthin 2µg

Vitamin D 15IU **4%**

Fatty acids, total saturated 1g **6%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total
polyunsaturated 1g
18:2 undifferentiated 1g
Glutamic acid 1g