

Nutrition Facts

Serving Size

Serving Per Recipe About 24

Amount Per Serving

Calories 268

Calories from Fat 81

% Daily Value*

Total Fat 9g 15%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrates 47g 16%

Dietary Fiber 5g 21%

Sugars 33g

Protein 4g 9%

Vitamin A 676IU 14% Vitamin C 5mg 9%

Calcium 70mg 7% Iron 1mg 8%

Vitamin E 0mg 1% Vitamin K 2µg 3%

Thiamin 0mg 10% Riboflavin 0mg 6%

Vitamin D 5IU 1% Niacin 1mg 6%

Vitamin B6 0mg 10% Vitamin B12 0µg 2%

Pantothenic acid 0mg 5% Folate 27µg 7%

Phosphorus 111mg 11% Magnesium 61mg 15%

Zinc 1mg Selenium 40µg

Copper 0mg 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 50g

Energy 268kcal

Energy 1122kJ

Protein 4g 9%

Total lipid (fat) 9g 15%

Ash 2g

Carbohydrate, by difference 47g 16%

Fiber, total dietary 5g 21%

Sugars, total 33g

Sucrose 1g

Glucose (dextrose) 14g

Fructose 14g

Calcium, Ca 70mg 7%

Iron, Fe 1mg 8%

Magnesium, Mg 61mg 15%

Phosphorus, P 111mg 11%

Potassium, K 504mg 14%

Sodium, Na 170mg 7%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 40µg

Vitamin C, total ascorbic acid 5mg 9%

Niacin 1mg 6%

Folate, total 27µg

Folate, food 27µg 7%

Folate, DFE 26µg

Choline, total 10mg

Betaine 8mg

Vitamin A, RAE 33µg

Carotene, beta 332µg

Carotene, alpha 121µg

Cryptoxanthin, beta 1µg

Vitamin A, IU 676IU 14%

Lutein + zeaxanthin 84µg
Tocopherol, gamma 1mg

Vitamin D 5IU **1%**

Vitamin K (phylloquinone) 2µg **3%**

Fatty acids, total saturated 1g **7%**

16:0 1g

**Fatty acids, total
monounsaturated** 4g

16:1 undifferentiated 1g

18:1 undifferentiated 4g

**Fatty acids, total
polyunsaturated** 3g

18:2 undifferentiated 2g

Phytosterols 10mg

Campesterol 1mg

Beta-sitosterol 11mg

Glutamic acid 1g

Caffeine 3mg

Theobromine 28mg