

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 341

Calories from Fat 63

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 7mg 0%

Total Carbohydrates 78g 26%

Dietary Fiber 11g 46%

Sugars 62g

Protein 4g 8%

Vitamin A 199IU 4% Vitamin C 6mg 9%

Calcium 73mg 7% Iron 2mg 11%

Vitamin E 1mg 3% Vitamin K 14µg 18%

Thiamin 0mg 5% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 12%

Vitamin B6 0mg 17% Vitamin B12 0µg 0%

Pantothenic acid 1mg 13% Folate 47µg 12%

Phosphorus 127mg 13% Magnesium 95mg 24%

Zinc 1mg Selenium 1µg

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 93g

Energy 341kcal

Energy 1429kJ

Protein 4g 8%

Total lipid (fat) 7g 10%

Ash 3g

Carbohydrate, by difference 78g 26%

Fiber, total dietary 11g 46%

Sugars, total 62g

Sucrose 1g

Glucose (dextrose) 31g

Fructose 30g

Calcium, Ca 73mg 7%

Iron, Fe 2mg 11%

Magnesium, Mg 95mg 24%

Phosphorus, P 127mg 13%

Potassium, K 928mg 27%

Sodium, Na 7mg 0%

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 1µg

Fluoride, F 24µg

Vitamin C, total ascorbic acid 9%

6mg

Niacin 2mg 12%

Pantothenic acid 1mg 13%

Folate, total 47µg

Folate, food 47µg 12%

Folate, DFE 47µg

Choline, total 16mg

Betaine 1mg

Vitamin A, RAE 9µg

Carotene, beta 109µg

Carotene, alpha 9µg
Cryptoxanthin, beta 11µg

Vitamin A, IU 199IU **4%**

Lutein + zeaxanthin 140µg

Vitamin E (alpha-tocopherol) 1mg **3%**

Vitamin K (phylloquinone) 14µg **18%**

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

16:0 1g

**Fatty acids, total
monounsaturated** 4g

18:1 undifferentiated 4g

**Fatty acids, total
polyunsaturated** 1g

18:2 undifferentiated 1g

Stigmasterol 1mg

Campesterol 2mg

Beta-sitosterol 29mg

Glutamic acid 1g

Alcohol, ethyl 1g

Caffeine 16mg

Theobromine 139mg