

Nutrition Facts

Serving Size

Serving Per Recipe About 24

Amount Per Serving

Calories 186

Calories from Fat 81

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 121mg **5%**

Total Carbohydrates 25g **8%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 4g **8%**

Vitamin A 2018IU 40% Vitamin C 15mg 24%

Calcium 52mg 5% Iron 1mg 6%

Vitamin E 0mg 1% Vitamin K 2µg 3%

Thiamin 0mg 10% Riboflavin 0mg 4%

Vitamin D 5IU 1% Niacin 1mg 4%

Vitamin B6 0mg 7% Vitamin B12 0µg 2%

Pantothenic acid 0mg 4% Folate 19µg 5%

Phosphorus 89mg 9% Magnesium 39mg 10%

Zinc 1mg Selenium 6µg

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 53g

Energy 186kcal

Energy 779kJ

Protein 4g **8%**

Total lipid (fat) 9g **14%**

Ash 1g

Carbohydrate, by difference 25g **8%**

Fiber, total dietary 3g **12%**

Sugars, total 11g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 5g

Calcium, Ca 52mg **5%**

Iron, Fe 1mg **6%**

Magnesium, Mg 39mg **10%**

Phosphorus, P 89mg **9%**

Potassium, K 288mg **8%**

Sodium, Na 121mg **5%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 6µg

Vitamin C, total ascorbic acid 15mg **24%**

Niacin 1mg **4%**

Folate, total 19µg

Folate, food 19µg **5%**

Folate, DFE 19µg

Choline, total 7mg

Betaine 7mg

Vitamin A, RAE 100µg

Carotene, beta 954µg

Carotene, alpha 394µg

Cryptoxanthin, beta 82µg

Vitamin A, IU 2018IU **40%**

Lutein + zeaxanthin 44µg
Tocopherol, gamma 2mg

Vitamin D 5IU **1%**

Vitamin K (phylloquinone) 2µg **3%**

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

16:0 1g

**Fatty acids, total
monounsaturated** 5g

16:1 undifferentiated 1g

18:1 undifferentiated 4g

**Fatty acids, total
polyunsaturated** 2g

18:2 undifferentiated 2g

18:2 n-6 c,c 2g

Phytosterols 12mg

Campesterol 1mg

Beta-sitosterol 14mg

Glutamic acid 1g