

Nutrition Facts

Serving Size

Serving Per Recipe About 6

Amount Per Serving

Calories 173

Calories from Fat 81

% Daily Value*

Total Fat 9g 13%

Saturated Fat 1g 6%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 12mg 0%

Total Carbohydrates 19g 6%

Dietary Fiber 5g 21%

Sugars 3g

Protein 7g 14%

Vitamin A 22IU 0% Vitamin C 6mg 9%

Calcium 75mg 7% Iron 2mg 11%

Vitamin E 1mg 2% Vitamin K 4µg 4%

Thiamin 0mg 13% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 5%

Vitamin B6 0mg 7% Vitamin B12 0µg 0%

Pantothenic acid 0mg 3% Folate 106µg 26%

Phosphorus 172mg 17% Magnesium 37mg 9%

Zinc 1mg Selenium 2µg

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 44g

Energy 173kcal

Energy 725kJ

Protein 7g 14%

Total lipid (fat) 9g 13%

Ash 1g

Carbohydrate, by difference 19g 6%

Fiber, total dietary 5g 21%

Sugars, total 3g

Calcium, Ca 75mg 7%

Iron, Fe 2mg 11%

Magnesium, Mg 37mg 9%

Phosphorus, P 172mg 17%

Potassium, K 223mg 6%

Sodium, Na 12mg 0%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Vitamin C, total ascorbic acid 6mg 9%

Niacin 1mg 5%

Folate, total 106µg

Folate, food 106µg 26%

Folate, DFE 106µg

Choline, total 25mg

Vitamin A, RAE 1µg

Carotene, beta 9µg

Vitamin A, IU 22IU 0%

Lutein + zeaxanthin 2µg

Vitamin E (alpha-tocopherol) 1mg 2%

Vitamin K (phylloquinone) 4µg 4%

Fatty acids, total saturated 1g 6%

16:0 1g

Fatty acids, total

monounsaturated 4g
18:1 undifferentiated 4g

Fatty acids, total

polyunsaturated 3g

18:2 undifferentiated 3g

Phytosterols 5mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g