

## Nutrition Facts

Serving Size

Serving Per Recipe About 50

Amount Per Serving

**Calories 98**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 6%**

Saturated Fat 0g **2%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 1mg 0%**

**Total Carbohydrates 14g 5%**

Dietary Fiber 2g **10%**

Sugars 4g

**Protein 3g 6%**

Vitamin A 19IU 0%      Vitamin C 5mg 8%

Calcium 19mg 2%      Iron 1mg 5%

Vitamin E 0mg 0%      Vitamin K 1µg 1%

Thiamin 0mg 9%      Riboflavin 0mg 2%

Vitamin D 0IU 0%      Niacin 0mg 1%

Vitamin B6 0mg 3%      Vitamin B12 0µg 0%

Pantothenic acid 0mg 2%      Folate 13µg 3%

Phosphorus 87mg 9%      Magnesium 34mg 9%

Zinc 1mg      Selenium 1µg

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 31g

Energy 98kcal

Energy 412kJ

Protein 3g **6%**

Total lipid (fat) 4g **6%**

Carbohydrate, by difference 14g **5%**

Fiber, total dietary 2g **10%**

Sugars, total 4g

Sucrose 1g

Glucose (dextrose) 1g

Fructose 2g

Calcium, Ca 19mg **2%**

Iron, Fe 1mg **5%**

Magnesium, Mg 34mg **9%**

Phosphorus, P 87mg **9%**

Potassium, K 125mg **4%**

Sodium, Na 1mg **0%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 1µg

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

5mg

Folate, total 13µg

Folate, food 13µg **3%**

Folate, DFE 13µg

Choline, total 3mg

Vitamin A, RAE 1µg

Carotene, beta 6µg

Carotene, alpha 1µg

Cryptoxanthin, beta 3µg

Vitamin A, IU 19IU **0%**

Lutein + zeaxanthin 13µg

Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 1µg **1%**

**Fatty acids, total monounsaturated** 1g  
**18:1 undifferentiated** 1g  
**Fatty acids, total polyunsaturated** 2g  
**18:2 undifferentiated** 2g  
**18:3 undifferentiated** 1g  
**Phytosterols** 1mg  
**Campesterol** 1mg  
**Beta-sitosterol** 4mg  
**Glutamic acid** 1g