

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 85

Calories from Fat 54

% Daily Value*

Total Fat 6g 10%

Saturated Fat 2g **8%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrates 4g 1%

Dietary Fiber 2g **8%**

Sugars 1g

Protein 5g 10%

Vitamin A 788IU 16% Vitamin C 6mg 11%

Calcium 84mg 8% Iron 2mg 8%

Vitamin E 0mg 1% Vitamin K 53µg 66%

Thiamin 0mg 18% Riboflavin 0mg 7%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 4% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 87µg 22%

Phosphorus 125mg 12% Magnesium 47mg 12%

Zinc 2mg Selenium 4µg

Copper 0mg Manganese 0mg

* 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 48g

Energy 85kcal

Energy 354kJ

Protein 5g **10%**

Total lipid (fat) 6g **10%**

Ash 1g

Carbohydrate, by difference 4g **1%**

Fiber, total dietary 2g **8%**

Sugars, total 1g

Calcium, Ca 84mg **8%**

Iron, Fe 2mg **8%**

Magnesium, Mg 47mg **12%**

Phosphorus, P 125mg **12%**

Potassium, K 185mg **5%**

Sodium, Na 13mg **1%**

Zinc, Zn 2mg

Selenium, Se 4µg

Vitamin C, total ascorbic acid 6mg **11%**

Niacin 1mg **7%**

Folate, total 87µg

Folate, food 87µg **22%**

Folate, DFE 87µg

Choline, total 13mg

Betaine 8mg

Vitamin A, RAE 39µg

Carotene, beta 470µg

Vitamin A, IU 788IU **16%**

Lutein + zeaxanthin 969µg

Vitamin K (phylloquinone) 53µg **66%**

Fatty acids, total saturated 2g **8%**

16:0 1g

Fatty acids, total monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 2mg

Aspartic acid 1g

Glutamic acid 1g