

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories** 1149

Calories from Fat 189

% Daily Value\*

**Total Fat** 21g **32%**

Saturated Fat 3g **17%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 23mg **1%**

**Total Carbohydrates** 250g **83%**

Dietary Fiber 27g **106%**

Sugars 185g

**Protein** 18g **37%**

Vitamin A 541IU 11%      Vitamin C 11mg 19%

Calcium 266mg 27%      Iron 7mg 38%

Vitamin E 1mg 2%      Vitamin K 19µg 23%

Thiamin 1mg 33%      Riboflavin 0mg 18%

Vitamin D 11IU 3%      Niacin 5mg 27%

Vitamin B6 1mg 54%      Vitamin B12 0µg 5%

Pantothenic acid 3mg 30%      Folate 86µg 22%

Phosphorus 538mg 54%      Magnesium 322mg 81%

Zinc 4mg      Selenium 8µg

Copper 2mg      Manganese 3mg

\* 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** 148g

**Energy** 1149kcal

**Energy** 4810kJ

**Protein** 18g **37%**

**Total lipid (fat)** 21g **32%**

**Ash** 7g

**Carbohydrate, by difference** **83%**

250g

**Fiber, total dietary** 27g **106%**

**Sugars, total** 185g

**Sucrose** 4g

**Glucose (dextrose)** 92g

**Fructose** 87g

**Maltose** 1g

**Starch** 8g

**Calcium, Ca** 266mg **27%**

**Iron, Fe** 7mg **38%**

**Magnesium, Mg** 322mg **81%**

**Phosphorus, P** 538mg **54%**

**Potassium, K** 2822mg **81%**

**Sodium, Na** 23mg **1%**

**Zinc, Zn** 4mg

**Copper, Cu** 2mg

**Manganese, Mn** 3mg

**Selenium, Se** 8µg

**Vitamin C, total ascorbic acid** **19%**

11mg

**Thiamin** 1mg **33%**

**Niacin** 5mg **27%**

**Pantothenic acid** 3mg **30%**

**Vitamin B-6** 1mg **54%**

**Folate, total** 86µg **22%**

**Folate, food** 86µg

**Folate, DFE** 84µg

**Choline, total** 41mg

**Betaine** 1mg

**Vitamin A, RAE** 23µg

**Carotene, beta** 293µg

**Carotene, alpha** 4µg

**Vitamin A, IU** 541IU **11%**

**Lutein + zeaxanthin** 75µg

**Vitamin E (alpha-tocopherol)** **2%**

1mg

**Tocopherol, gamma** 3mg

**Vitamin D** 11IU **3%**

**Vitamin K (phylloquinone)** 19µg **23%**

**Fatty acids, total saturated** 3g **17%**

16:0 2g

18:0 1g

**Fatty acids, total monounsaturated** 8g

18:1 undifferentiated 8g

**Fatty acids, total polyunsaturated** 7g

18:2 undifferentiated 6g

18:3 undifferentiated 1g

**Phytosterols** 8mg

**Campesterol** 3mg

**Beta-sitosterol** 38mg

**Threonine** 1g

**Isoleucine** 1g

**Leucine** 1g

**Lysine** 1g

**Phenylalanine** 1g

**Valine** 1g

**Arginine** 1g

**Alanine** 1g

**Aspartic acid** 2g

**Glutamic acid** 3g

**Glycine** 1g

**Proline** 1g

**Serine** 1g

**Alcohol, ethyl** 1g

**Caffeine** 12mg

**Theobromine** 111mg