

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

Folate, food 86µg **22%**

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