

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 176**

Calories from Fat 63

% Daily Value\*

**Total Fat 7g 10%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 72mg 3%**

**Total Carbohydrates 27g 9%**

Dietary Fiber 5g **21%**

Sugars 16g

**Protein 6g 12%**

Vitamin A 9275IU 186%    Vitamin C 74mg 123%

Calcium 158mg 16%    Iron 2mg 13%

Vitamin E 3mg 10%    Vitamin K 110µg 137%

Thiamin 0mg 12%    Riboflavin 0mg 19%

Vitamin D 5IU 1%    Niacin 2mg 12%

Vitamin B6 0mg 22%    Vitamin B12 0µg 2%

Pantothenic acid 1mg 8%    Folate 91µg 23%

Phosphorus 156mg 16%    Magnesium 76mg 19%

Zinc 1mg    Selenium 5µg

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 190g**

**Energy 176kcal**

**Energy 734kJ**

**Protein 6g 12%**

**Total lipid (fat) 7g 10%**

**Ash 2g**

**Carbohydrate, by difference 9%**

27g

**Fiber, total dietary 5g 21%**

**Sugars, total 16g**

**Sucrose 1g**

**Glucose (dextrose) 8g**

**Fructose 7g**

**Calcium, Ca 158mg 16%**

**Iron, Fe 2mg 13%**

**Magnesium, Mg 76mg 19%**

**Phosphorus, P 156mg 16%**

**Potassium, K 681mg 19%**

**Sodium, Na 72mg 3%**

**Zinc, Zn 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 5µg**

**Fluoride, F 6µg**

**Vitamin C, total ascorbic acid 123%**

74mg

**Niacin 2mg 12%**

**Pantothenic acid 1mg 8%**

**Folate, total 91µg**

**Folate, food 91µg 23%**

**Folate, DFE 91µg**

**Choline, total 25mg**

**Betaine 10mg**

**Vitamin A, RAE 462µg**

**Carotene, beta 4874µg**

**Carotene, alpha** 536µg  
**Cryptoxanthin, beta** 169µg

**Vitamin A, IU** 9275IU **186%**

**Lutein + zeaxanthin** 1863µg

**Vitamin E (alpha-tocopherol)** **10%**  
3mg

**Vitamin D** 5IU **1%**

**Vitamin K (phylloquinone)** **137%**  
110µg

**Fatty acids, total saturated** 1g **3%**

**Fatty acids, total monounsaturated** 3g

**18:1 undifferentiated** 3g

**Fatty acids, total polyunsaturated** 2g

**18:2 undifferentiated** 2g

**Phytosterols** 57mg

**Campesterol** 1mg

**Beta-sitosterol** 10mg

**Aspartic acid** 1g

**Glutamic acid** 1g