

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 224

Calories from Fat 153

% Daily Value*

Total Fat 17g 27%

Saturated Fat 3g 14%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 13mg 1%

Total Carbohydrates 18g 6%

Dietary Fiber 3g 13%

Sugars 14g

Protein 3g 6%

Vitamin A 91IU 2% Vitamin C 0mg 0%

Calcium 69mg 7% Iron 1mg 6%

Vitamin E 0mg 0% Vitamin K 1µg 1%

Thiamin 0mg 22% Riboflavin 0mg 7%

Vitamin D 15IU 4% Niacin 1mg 5%

Vitamin B6 0mg 6% Vitamin B12 0µg 6%

Pantothenic acid 0mg 3% Folate 5µg 1%

Phosphorus 63mg 6% Magnesium 44mg 11%

Zinc 0mg 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 33g

Energy 224kcal

Energy 938kJ

Protein 3g 6%

Total lipid (fat) 17g 27%

Ash 1g

Carbohydrate, by difference 18g 6%

Fiber, total dietary 3g 13%

Sugars, total 14g

Sucrose 1g

Glucose (dextrose) 6g

Fructose 6g

Calcium, Ca 69mg 7%

Iron, Fe 1mg 6%

Magnesium, Mg 44mg 11%

Phosphorus, P 63mg 6%

Potassium, K 251mg 7%

Sodium, Na 13mg 1%

Manganese, Mn 1mg

Selenium, Se 1µg

Niacin 1mg 5%

Folate, total 5µg

Folate, food 5µg 1%

Folate, DFE 5µg

Choline, total 2mg

Vitamin A, RAE 1µg

Carotene, beta 17µg

Vitamin A, IU 91IU 2%

Lutein + zeaxanthin 4µg

Vitamin D 15IU 4%

Vitamin K (phylloquinone) 1µg 1%

Fatty acids, total saturated 3g 14%

16:0 1g

18:0 1g

Fatty acids, total monounsaturated 13g
16:1 undifferentiated 3g
18:1 undifferentiated 10g
Fatty acids, total polyunsaturated 1g
Phytosterols 26mg
Campesterol 2mg
Beta-sitosterol 24mg
Glutamic acid 1g