

# 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