

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 209

Calories from Fat 63

% Daily Value*

Total Fat 7g 10%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 37mg 2%

Total Carbohydrates 36g 12%

Dietary Fiber 7g **28%**

Sugars 25g

Protein 7g 14%

Vitamin A 9887IU 198% Vitamin C 157mg 261%

Calcium 190mg 19% Iron 2mg 12%

Vitamin E 4mg 15% Vitamin K 602µg 753%

Thiamin 0mg 9% Riboflavin 0mg 15%

Vitamin D 0IU 0% Niacin 2mg 10%

Vitamin B6 0mg 23% Vitamin B12 0µg 0%

Pantothenic acid 1mg 5% Folate 149µg 37%

Phosphorus 164mg 16% Magnesium 91mg 23%

Zinc 1mg Selenium 1µg

Copper 1mg 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 134g

Energy 209kcal

Energy 876kJ

Protein 7g **14%**

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

Ash 3g

Carbohydrate, by difference **12%**

36g

Fiber, total dietary 7g **28%**

Sugars, total 25g

Sucrose 1g

Glucose (dextrose) 11g

Fructose 11g

Calcium, Ca 190mg **19%**

Iron, Fe 2mg **12%**

Magnesium, Mg 91mg **23%**

Phosphorus, P 164mg **16%**

Potassium, K 813mg **23%**

Sodium, Na 37mg **2%**

Zinc, Zn 1mg

Copper, Cu 1mg

Manganese, Mn 1mg

Selenium, Se 1µg

Fluoride, F 7µg

Vitamin C, total ascorbic acid **261%**

157mg

Niacin 2mg **10%**

Pantothenic acid 1mg **5%**

Folate, total 149µg

Folate, food 149µg **37%**

Folate, DFE 149µg

Choline, total 12mg

Vitamin A, RAE 495µg

Carotene, beta 5765µg

Carotene, alpha 54µg
Cryptoxanthin, beta 280µg

Vitamin A, IU 9887IU **198%**

Lutein + zeaxanthin 7005µg

Vitamin E (alpha-tocopherol) **15%**
4mg

Vitamin K (phylloquinone) **753%**
602µg

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 14mg

Campesterol 1mg

Beta-sitosterol 13mg

Glutamic acid 1g