

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 142

Calories from Fat 54

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrates 17g **6%**

Dietary Fiber 5g **18%**

Sugars 6g

Protein 10g **20%**

Vitamin A 499IU 10% Vitamin C 22mg 36%

Calcium 75mg 8% Iron 2mg 10%

Vitamin E 0mg 1% Vitamin K 5µg 6%

Thiamin 0mg 24% Riboflavin 1mg 59%

Vitamin D 16IU 4% Niacin 9mg 46%

Vitamin B6 0mg 20% Vitamin B12 0µg 2%

Pantothenic acid 4mg 37% Folate 70µg 18%

Phosphorus 306mg 31% Magnesium 40mg 10%

Zinc 2mg Selenium 22µg

Copper 1mg Manganese 0mg

* 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 286g

Energy 142kcal

Energy 596kJ

Protein 10g **20%**

Adjusted Protein 5g

Total lipid (fat) 6g **10%**

Ash 3g

Carbohydrate, by difference 17g **6%**

Fiber, total dietary 5g **18%**

Sugars, total 6g

Glucose (dextrose) 4g

Fructose 1g

Calcium, Ca 75mg **8%**

Iron, Fe 2mg **10%**

Magnesium, Mg 40mg **10%**

Phosphorus, P 306mg **31%**

Potassium, K 919mg **26%**

Sodium, Na 120mg **5%**

Zinc, Zn 2mg

Copper, Cu 1mg

Selenium, Se 22µg

Vitamin C, total ascorbic acid 22mg **36%**

Riboflavin 1mg **59%**

Niacin 9mg **46%**

Pantothenic acid 4mg **37%**

Folate, total 70µg

Folate, food 70µg **18%**

Folate, DFE 70µg

Choline, total 54mg

Betaine 21mg

Vitamin A, RAE 22µg

Carotene, beta 223µg

Carotene, alpha 5µg

Cryptoxanthin, beta 53µg	
Vitamin A, IU 499IU	10%
Lutein + zeaxanthin 163µg	
Vitamin D 16IU	4%
Vitamin K (phylloquinone) 5µg	6%
Dihydrophylloquinone 2µg	
Fatty acids, total saturated 1g	5%
16:0 1g	
Fatty acids, total monounsaturated 2g	
18:1 undifferentiated 2g	
Fatty acids, total polyunsaturated 3g	
18:2 undifferentiated 3g	
Phytosterols 9mg	
Campesterol 5mg	
Valine 1g	
Arginine 1g	
Alanine 1g	
Aspartic acid 1g	
Glutamic acid 1g	