

## 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

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