

Nutrition Facts

Serving Size

Serving Per Recipe About 25

Amount Per Serving

Calories 223

Calories from Fat 90

% Daily Value*

Total Fat 10g 16%

Saturated Fat 1g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 12mg 1%

Total Carbohydrates 31g 10%

Dietary Fiber 4g 16%

Sugars 16g

Protein 5g 11%

Vitamin A 44IU 1% Vitamin C 1mg 2%

Calcium 85mg 8% Iron 1mg 7%

Vitamin E 4mg 12% Vitamin K 1µg 1%

Thiamin 0mg 6% Riboflavin 0mg 12%

Vitamin D 6IU 2% Niacin 1mg 4%

Vitamin B6 0mg 3% Vitamin B12 0µg 2%

Pantothenic acid 0mg 3% Folate 16µg 4%

Phosphorus 140mg 14% Magnesium 67mg 17%

Zinc 1mg Selenium 4µg

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 22g

Energy 223kcal

Energy 934kJ

Protein 5g 11%

Total lipid (fat) 10g 16%

Ash 1g

Carbohydrate, by difference 31g 10%

Fiber, total dietary 4g 16%

Sugars, total 16g

Sucrose 1g

Glucose (dextrose) 4g

Fructose 4g

Starch 7g

Calcium, Ca 85mg 8%

Iron, Fe 1mg 7%

Magnesium, Mg 67mg 17%

Phosphorus, P 140mg 14%

Potassium, K 270mg 8%

Sodium, Na 12mg 1%

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 4µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid 1mg 2%

Niacin 1mg 4%

Folate, total 16µg

Folate, food 16µg 4%

Folate, DFE 16µg

Choline, total 15mg

Vitamin A, RAE 1µg

Carotene, beta 10µg

Vitamin A, IU 44IU 1%

Lutein + zeaxanthin 23µg

Vitamin E (alpha-tocopherol) 4mg **12%**
Vitamin D 6IU **2%**

Vitamin K (phylloquinone) 1µg **1%**

Fatty acids, total saturated 1g **7%**

16:0 1g

Fatty acids, total monounsaturated 5g

18:1 undifferentiated 5g

Fatty acids, total polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 24mg

Campesterol 1mg

Beta-sitosterol 20mg

Aspartic acid 1g

Glutamic acid 1g