

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 84

Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrates 8g 3%

Dietary Fiber 1g 4%

Sugars 4g

Protein 2g 5%

Vitamin A 16IU 0% Vitamin C 13mg 22%

Calcium 55mg 6% Iron 1mg 7%

Vitamin E 0mg 0% Vitamin K 2µg 3%

Thiamin 0mg 6% Riboflavin 0mg 1%

Vitamin D 0IU 0% Niacin 0mg 2%

Vitamin B6 0mg 4% Vitamin B12 0µg 0%

Pantothenic acid 0mg 1% Folate 13µg 3%

Phosphorus 77mg 8% Magnesium 40mg 10%

Zinc 1mg Selenium 3µg

Copper 0mg 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 30g

Energy 84kcal

Energy 352kJ

Protein 2g 5%

Total lipid (fat) 5g 8%

Ash 1g

Carbohydrate, by difference 8g 3%

Fiber, total dietary 1g 4%

Sugars, total 4g

Sucrose 2g

Glucose (dextrose) 1g

Fructose 1g

Starch 2g

Calcium, Ca 55mg 6%

Iron, Fe 1mg 7%

Magnesium, Mg 40mg 10%

Phosphorus, P 77mg 8%

Potassium, K 125mg 4%

Sodium, Na 3mg 0%

Zinc, Zn 1mg

Selenium, Se 3µg

Vitamin C, total ascorbic acid 13mg 22%

Folate, total 13µg

Folate, food 13µg 3%

Folate, DFE 13µg

Choline, total 4mg

Vitamin A, RAE 1µg

Carotene, beta 3µg

Cryptoxanthin, beta 13µg

Vitamin A, IU 16IU 0%

Lutein + zeaxanthin 10µg

Vitamin K (phylloquinone) 2µg 3%

Fatty acids, total saturated 1g 4%

Fatty acids, total monounsaturated 3g
18:1 undifferentiated 3g
Fatty acids, total polyunsaturated 2g
18:2 undifferentiated 2g
Phytosterols 32mg
Campesterol 1mg
Beta-sitosterol 8mg