

## Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

**Calories 64**

Calories from Fat 36

% Daily Value\*

**Total Fat 4g 7%**

Saturated Fat 1g **3%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 100mg 4%**

**Total Carbohydrates 4g 1%**

Dietary Fiber 1g **4%**

Sugars 1g

**Protein 3g 6%**

Vitamin A 138IU 3%      Vitamin C 0mg 1%

Calcium 66mg 7%      Iron 1mg 3%

Vitamin E 0mg 1%      Vitamin K 1µg 1%

Thiamin 0mg 9%      Riboflavin 0mg 6%

Vitamin D 23IU 6%      Niacin 0mg 1%

Vitamin B6 0mg 8%      Vitamin B12 1µg 8%

Pantothenic acid 0mg 1%      Folate 4µg 1%

Phosphorus 54mg 5%      Magnesium 17mg 4%

Zinc 0mg      Selenium 1µg

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 43g

Energy 64kcal

Energy 250kJ

Protein 3g **6%**

Total lipid (fat) 4g **7%**

Ash 1g

Carbohydrate, by difference 4g **1%**

Fiber, total dietary 1g **4%**

Sugars, total 1g

Sucrose 1g

Calcium, Ca 66mg **7%**

Iron, Fe 1mg **3%**

Magnesium, Mg 17mg **4%**

Phosphorus, P 54mg **5%**

Potassium, K 140mg **4%**

Sodium, Na 100mg **4%**

Selenium, Se 1µg

Folate, total 4µg

Folate, food 4µg **1%**

Folate, DFE 4µg

Vitamin B-12 1µg **8%**

Vitamin A, RAE 2µg

Carotene, beta 26µg

Vitamin A, IU 138IU **3%**

Lutein + zeaxanthin 121µg

Tocopherol, gamma 2mg

Vitamin D2 (ergocalciferol) 1µg

Vitamin D 23IU **6%**

Vitamin K (phylloquinone) 1µg **1%**

Fatty acids, total saturated 1g **3%**

Fatty acids, total

monounsaturated 2g

18:1 undifferentiated 2g

Fatty acids, total polyunsaturated

<sup>2g</sup>  
**18:2 undifferentiated** 1g

**Phytosterols** 17mg

**Campesterol** 1mg

**Beta-sitosterol** 15mg