

Nutrition Facts

Serving Size

Serving Per Recipe About 6

Amount Per Serving

Calories 185

Calories from Fat 81

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 14mg **1%**

Total Carbohydrates 22g **7%**

Dietary Fiber 6g **24%**

Sugars 5g

Protein 7g **14%**

Vitamin A 1733IU 35% Vitamin C 75mg 126%

Calcium 77mg 8% Iron 2mg 11%

Vitamin E 1mg 5% Vitamin K 6µg 8%

Thiamin 0mg 15% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 14% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 125µg 31%

Phosphorus 181mg 18% Magnesium 42mg 11%

Zinc 1mg Selenium 2µg

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 97g

Energy 185kcal

Energy 772kJ

Protein 7g **14%**

Total lipid (fat) 9g **13%**

Ash 1g

Carbohydrate, by difference 7%

22g

Fiber, total dietary 6g **24%**

Sugars, total 5g

Glucose (dextrose) 1g

Fructose 1g

Calcium, Ca 77mg **8%**

Iron, Fe 2mg **11%**

Magnesium, Mg 42mg **11%**

Phosphorus, P 181mg **18%**

Potassium, K 328mg **9%**

Sodium, Na 14mg **1%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 3µg

Vitamin C, total ascorbic acid **126%**

75mg

Niacin 1mg **7%**

Folate, total 125µg

Folate, food 125µg **31%**

Folate, DFE 125µg

Choline, total 26mg

Vitamin A, RAE 87µg

Carotene, beta 896µg

Carotene, alpha 11µg

Cryptoxanthin, beta 268µg

Vitamin A, IU 1733IU **35%**

Lutein + zeaxanthin	30µg	
Vitamin E (alpha-tocopherol)	1mg	5%
Vitamin K (phylloquinone)	6µg	8%
Fatty acids, total saturated	1g	6%
16:0	1g	
Fatty acids, total monounsaturated	4g	
18:1 undifferentiated	4g	
Fatty acids, total polyunsaturated	3g	
18:2 undifferentiated	3g	
Phytosterols	5mg	
Arginine	1g	
Aspartic acid	1g	
Glutamic acid	1g	