

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 144

Calories from Fat 54

% Daily Value*

Total Fat 6g **10%**

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 68mg **3%**

Total Carbohydrates 17g **6%**

Dietary Fiber 3g **11%**

Sugars 1g

Protein 7g **13%**

Vitamin A 102IU 2% Vitamin C 11mg 18%

Calcium 147mg 15% Iron 2mg 9%

Vitamin E 2mg 8% Vitamin K 1µg 1%

Thiamin 0mg 20% Riboflavin 0mg 19%

Vitamin D 23IU 6% Niacin 2mg 8%

Vitamin B6 1mg 25% Vitamin B12 1µg 8%

Pantothenic acid 1mg 6% Folate 62µg 16%

Phosphorus 161mg 16% Magnesium 54mg 14%

Zinc 2mg Selenium 6µg

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 82g

Energy 144kcal

Energy 596kJ

Protein 7g **13%**

Total lipid (fat) 6g **10%**

Ash 1g

Carbohydrate, by difference 17g **6%**

Fiber, total dietary 3g **11%**

Sugars, total 1g

Calcium, Ca 147mg **15%**

Iron, Fe 2mg **9%**

Magnesium, Mg 54mg **14%**

Phosphorus, P 161mg **16%**

Potassium, K 339mg **10%**

Sodium, Na 68mg **3%**

Zinc, Zn 2mg

Manganese, Mn 1mg

Selenium, Se 6µg

Vitamin C, total ascorbic acid 11mg **18%**

Niacin 2mg **8%**

Pantothenic acid 1mg **6%**

Vitamin B-6 1mg **25%**

Folate, total 62µg

Folate, food 62µg **16%**

Folate, DFE 62µg

Choline, total 17mg

Vitamin B-12 1µg **8%**

Carotene, beta 5µg

Vitamin A, IU 102IU **2%**

Lutein + zeaxanthin 6µg

Vitamin E (alpha-tocopherol) 2mg **8%**

Vitamin D2 (ergocalciferol) 1µg

Vitamin D 23IU **6%**

Vitamin K (phylloquinone)	1µg	1%
Fatty acids, total saturated	1g	3%

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 3g

18:1 c 3g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

18:2 n-6 c,c 1g

Campesterol 1mg

Beta-sitosterol 12mg

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g