

Nutrition Facts

Serving Size

Serving Per Recipe About 5

Amount Per Serving

Calories 177

Calories from Fat 135

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 2g **11%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 8mg **0%**

Total Carbohydrates 12g **4%**

Dietary Fiber 7g **29%**

Sugars 2g

Protein 2g **5%**

Vitamin A 195IU 4% Vitamin C 13mg 22%

Calcium 22mg 2% Iron 1mg 4%

Vitamin E 2mg 7% Vitamin K 24µg 30%

Thiamin 0mg 5% Riboflavin 0mg 8%

Vitamin D 0IU 0% Niacin 2mg 9%

Vitamin B6 0mg 15% Vitamin B12 0µg 0%

Pantothenic acid 1mg 15% Folate 87µg 22%

Phosphorus 64mg 6% Magnesium 34mg 8%

Zinc 1mg 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 101g

Energy 177kcal

Energy 743kJ

Protein 2g **5%**

Total lipid (fat) 15g **23%**

Ash 2g

Carbohydrate, by difference 12g **4%**

Fiber, total dietary 7g **29%**

Sugars, total 2g

Glucose (dextrose) 1g

Calcium, Ca 22mg **2%**

Iron, Fe 1mg **4%**

Magnesium, Mg 34mg **8%**

Phosphorus, P 64mg **6%**

Potassium, K 552mg **16%**

Sodium, Na 8mg **0%**

Zinc, Zn 1mg

Selenium, Se 1µg

Fluoride, F 7µg

Vitamin C, total ascorbic acid 13mg **22%**

Niacin 2mg **9%**

Pantothenic acid 1mg **15%**

Folate, total 87µg **22%**

Folate, food 87µg

Folate, DFE 87µg

Choline, total 17mg

Betaine 1mg

Vitamin A, RAE 9µg

Carotene, beta 90µg

Carotene, alpha 25µg

Cryptoxanthin, beta 30µg

Vitamin A, IU 195IU **4%**

Lutein + zeaxanthin 285µg

Vitamin E (alpha-tocopherol) 2mg 7%
Vitamin K (phylloquinone) 24µg 30%

Fatty acids, total saturated 2g 11%

16:0 2g

Fatty acids, total

monounsaturated 10g

16:1 undifferentiated 1g

18:1 undifferentiated 9g

Fatty acids, total

polyunsaturated 2g

18:2 undifferentiated 2g

Phytosterols 5mg

Stigmasterol 2mg

Campesterol 5mg

Beta-sitosterol 78mg