

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 237

Calories from Fat 72

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrates 41g 14%

Dietary Fiber 5g **21%**

Sugars 29g

Protein 6g 12%

Vitamin A 314IU 6% Vitamin C 10mg 16%

Calcium 43mg 4% Iron 2mg 9%

Vitamin E 1mg 3% Vitamin K 3µg 4%

Thiamin 0mg 9% Riboflavin 0mg 5%

Vitamin D 0IU 0% Niacin 1mg 7%

Vitamin B6 0mg 9% Vitamin B12 0µg 0%

Pantothenic acid 1mg 7% Folate 19µg 5%

Phosphorus 154mg 15% Magnesium 66mg 16%

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 91g

Energy 237kcal

Energy 992kJ

Protein 6g **12%**

Total lipid (fat) 8g **12%**

Ash 1g

Carbohydrate, by difference 41g **14%**

Fiber, total dietary 5g **21%**

Sugars, total 29g

Sucrose 4g

Glucose (dextrose) 10g

Fructose 9g

Calcium, Ca 43mg **4%**

Iron, Fe 2mg **9%**

Magnesium, Mg 66mg **16%**

Phosphorus, P 154mg **15%**

Potassium, K 513mg **15%**

Sodium, Na 2mg **0%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 8µg

Vitamin C, total ascorbic acid 10mg **16%**

Niacin 1mg **7%**

Pantothenic acid 1mg **7%**

Folate, total 19µg

Folate, food 19µg **5%**

Folate, DFE 19µg

Choline, total 12mg

Vitamin A, RAE 15µg

Carotene, beta 156µg

Carotene, alpha 1µg

Cryptoxanthin, beta 65µg

Vitamin A, IU 314IU	6%
Lutein + zeaxanthin 86µg	
Vitamin E (alpha-tocopherol) 1mg	3%
Tocopherol, gamma 3mg	
Vitamin K (phylloquinone) 3µg	4%
Fatty acids, total saturated 1g	3%
Fatty acids, total monounsaturated 2g	
18:1 undifferentiated 2g	
Fatty acids, total polyunsaturated 5g	
18:2 undifferentiated 4g	
18:2 n-6 c,c 4g	
Phytosterols 8mg	
Campesterol 1mg	
Beta-sitosterol 13mg	
Arginine 1g	
Aspartic acid 1g	
Glutamic acid 1g	