

Nutrition Facts

Serving Size

Serving Per Recipe About 6

Amount Per Serving

Calories 176

Calories from Fat 63

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 11mg 0%

Total Carbohydrates 22g 7%

Dietary Fiber 6g 23%

Sugars 0g

Protein 7g 14%

Vitamin A 8IU 0% Vitamin C 6mg 10%

Calcium 66mg 7% Iron 2mg 12%

Vitamin E 0mg 1% Vitamin K 6µg 8%

Thiamin 0mg 16% Riboflavin 0mg 6%

Vitamin D 0IU 0% Niacin 1mg 5%

Vitamin B6 0mg 7% Vitamin B12 0µg 0%

Pantothenic acid 0mg 2% Folate 88µg 22%

Phosphorus 168mg 17% Magnesium 39mg 10%

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 52g

Energy 176kcal

Energy 737kJ

Protein 7g 14%

Total lipid (fat) 7g 11%

Ash 1g

Carbohydrate, by difference 22g 7%

Fiber, total dietary 6g 23%

Calcium, Ca 66mg 7%

Iron, Fe 2mg 12%

Magnesium, Mg 39mg 10%

Phosphorus, P 168mg 17%

Potassium, K 350mg 10%

Sodium, Na 11mg 0%

Zinc, Zn 1mg

Selenium, Se 1µg

Vitamin C, total ascorbic acid 6mg 10%

Niacin 1mg 5%

Folate, total 88µg

Folate, food 88µg 22%

Folate, DFE 88µg

Choline, total 19mg

Vitamin A, IU 8IU 0%

Lutein + zeaxanthin 2µg

Vitamin K (phylloquinone) 6µg 8%

Fatty acids, total saturated 1g 5%

16:0 1g

Fatty acids, total

monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total

polyunsaturated 3g

18:2 undifferentiated 2g

Phytosterols 5mg

Leucine 1g

Arginine 1g

Aspartic acid 1g

Glutamic acid 1g