

# Nutrition Facts

Serving Size

Serving Per Recipe About 8

**Amount Per Serving**

**Calories 148**

Calories from Fat 45

% Daily Value\*

**Total Fat 5g 7%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 368mg 15%**

**Total Carbohydrates 26g 9%**

Dietary Fiber 3g **11%**

Sugars 16g

**Protein 4g 8%**

Vitamin A 5362IU 107%    Vitamin C 8mg 14%

Calcium 82mg 8%    Iron 1mg 8%

Vitamin E 1mg 3%    Vitamin K 5µg 6%

Thiamin 0mg 9%    Riboflavin 0mg 10%

Vitamin D 15IU 4%    Niacin 1mg 5%

Vitamin B6 0mg 10%    Vitamin B12 0µg 6%

Pantothenic acid 0mg 5%    Folate 22µg 6%

Phosphorus 99mg 10%    Magnesium 48mg 12%

Zinc 1mg    Selenium 2µg

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 255g**

**Energy 148kcal**

**Energy 618kJ**

**Protein 4g 8%**

**Total lipid (fat) 5g 7%**

**Ash 2g**

**Carbohydrate, by difference 9%**

26g

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

**Sugars, total 16g**

**Glucose (dextrose) 6g**

**Fructose 6g**

**Calcium, Ca 82mg 8%**

**Iron, Fe 1mg 8%**

**Magnesium, Mg 48mg 12%**

**Phosphorus, P 99mg 10%**

**Potassium, K 459mg 13%**

**Sodium, Na 368mg 15%**

**Zinc, Zn 1mg**

**Selenium, Se 2µg**

**Fluoride, F 2µg**

**Vitamin C, total ascorbic acid 14%**

8mg

**Niacin 1mg 5%**

**Folate, total 22µg**

**Folate, food 22µg 6%**

**Folate, DFE 22µg**

**Choline, total 9mg**

**Vitamin A, RAE 249µg**

**Carotene, beta 1823µg**

**Carotene, alpha 2329µg**

**Vitamin A, IU 5362IU 107%**

**Lutein + zeaxanthin 884µg**

**Vitamin E (alpha-tocopherol) 3%**

<b>Vitamin D</b> 15IU	<b>4%</b>
<b>Vitamin K (phylloquinone)</b> 5µg	<b>6%</b>
<b>Fatty acids, total saturated</b> 1g	<b>5%</b>
<b>Fatty acids, total monounsaturated</b> 3g	
<b>18:1 undifferentiated</b> 2g	
<b>Fatty acids, total polyunsaturated</b> 1g	
<b>18:2 undifferentiated</b> 1g	
<b>Phytosterols</b> 10mg	
<b>Glutamic acid</b> 1g	