

# Nutrition Facts

Serving Size

Serving Per Recipe About 16

**Amount Per Serving**

**Calories 251**

Calories from Fat 108

% Daily Value\*

**Total Fat 12g 18%**

Saturated Fat 2g 9%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 8mg 0%**

**Total Carbohydrates 33g 11%**

Dietary Fiber 4g 15%

Sugars 16g

**Protein 8g 15%**

Vitamin A 1283IU 26%    Vitamin C 2mg 3%

Calcium 65mg 7%    Iron 2mg 13%

Vitamin E 1mg 5%    Vitamin K 7µg 9%

Thiamin 0mg 12%    Riboflavin 0mg 8%

Vitamin D 6IU 1%    Niacin 1mg 4%

Vitamin B6 0mg 8%    Vitamin B12 0µg 2%

Pantothenic acid 1mg 5%    Folate 19µg 5%

Phosphorus 207mg 21%    Magnesium 99mg 25%

Zinc 2mg    Selenium 5µg

Copper 1mg    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 37g**

**Energy 251kcal**

**Energy 1050kJ**

**Protein 8g 15%**

**Total lipid (fat) 12g 18%**

**Ash 1g**

**Carbohydrate, by difference 33g 11%**

**Fiber, total dietary 4g 15%**

**Sugars, total 16g**

**Sucrose 1g**

**Glucose (dextrose) 7g**

**Fructose 7g**

**Starch 5g**

**Calcium, Ca 65mg 7%**

**Iron, Fe 2mg 13%**

**Magnesium, Mg 99mg 25%**

**Phosphorus, P 207mg 21%**

**Potassium, K 419mg 12%**

**Sodium, Na 8mg 0%**

**Zinc, Zn 2mg**

**Copper, Cu 1mg**

**Manganese, Mn 1mg**

**Selenium, Se 5µg**

**Fluoride, F 13µg**

**Vitamin C, total ascorbic acid 2mg 3%**

**Niacin 1mg 4%**

**Pantothenic acid 1mg 5%**

**Folate, total 19µg**

**Folate, food 19µg 5%**

**Folate, DFE 18µg**

**Choline, total 6mg**

**Vitamin A, RAE 63µg**

**Carotene, beta 465µg**

<b>Carotene, alpha</b> 582µg	
<b>Vitamin A, IU</b> 1283IU	<b>26%</b>
<b>Lutein + zeaxanthin</b> 227µg	
<b>Vitamin E (alpha-tocopherol)</b> 1mg	<b>5%</b>
<b>Tocopherol, gamma</b> 1mg	
<b>Vitamin D</b> 6IU	<b>1%</b>
<b>Vitamin K (phylloquinone)</b> 7µg	<b>9%</b>
<b>Fatty acids, total saturated</b> 2g	<b>9%</b>
16:0 1g	
18:0 1g	
<b>Fatty acids, total monounsaturated</b> 6g	
18:1 undifferentiated 6g	
18:1 c 1g	
<b>Fatty acids, total polyunsaturated</b> 2g	
18:2 undifferentiated 2g	
18:2 n-6 c,c 1g	
<b>Phytosterols</b> 2mg	
<b>Campesterol</b> 2mg	
<b>Beta-sitosterol</b> 27mg	
<b>Leucine</b> 1g	
<b>Arginine</b> 1g	
<b>Aspartic acid</b> 1g	
<b>Glutamic acid</b> 2g	