

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

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