

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 157

Calories from Fat 63

% Daily Value*

Total Fat 7g **10%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 17mg **1%**

Total Carbohydrates 23g **8%**

Dietary Fiber 2g **9%**

Sugars 16g

Protein 4g **8%**

Vitamin A 72IU 1% Vitamin C 3mg 6%

Calcium 35mg 3% Iron 1mg 8%

Vitamin E 0mg 1% Vitamin K 8µg 9%

Thiamin 0mg 7% Riboflavin 0mg 3%

Vitamin D 0IU 0% Niacin 1mg 3%

Vitamin B6 0mg 8% Vitamin B12 0µg 0%

Pantothenic acid 0mg 4% Folate 16µg 4%

Phosphorus 121mg 12% Magnesium 63mg 16%

Zinc 1mg Selenium 4µg

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 60g

Energy 157kcal

Energy 657kJ

Protein 4g **8%**

Total lipid (fat) 7g **10%**

Ash 1g

Carbohydrate, by difference 23g **8%**

Fiber, total dietary 2g **9%**

Sugars, total 16g

Sucrose 1g

Glucose (dextrose) 7g

Fructose 7g

Starch 3g

Calcium, Ca 35mg **3%**

Iron, Fe 1mg **8%**

Magnesium, Mg 63mg **16%**

Phosphorus, P 121mg **12%**

Potassium, K 329mg **9%**

Sodium, Na 17mg **1%**

Zinc, Zn 1mg

Selenium, Se 4µg

Vitamin C, total ascorbic acid 3mg **6%**

Niacin 1mg **3%**

Folate, total 16µg

Folate, food 16µg **4%**

Folate, DFE 16µg

Choline, total 10mg

Vitamin A, RAE 4µg

Carotene, beta 40µg

Carotene, alpha 2µg

Cryptoxanthin, beta 3µg

Vitamin A, IU 72IU **1%**

Lycopene 593µg

Lutein + zeaxanthin 11µg
Tocopherol, gamma 1mg

Vitamin K (phylloquinone) 8µg **9%**

Fatty acids, total saturated 1g **6%**

16:0 1g

Fatty acids, total monounsaturated 3g

18:1 undifferentiated 3g

Fatty acids, total polyunsaturated 1g

18:2 undifferentiated 1g

Phytosterols 3mg

Campesterol 1mg

Beta-sitosterol 16mg

Glutamic acid 1g