

## 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