

Nutrition Facts

Serving Size

Serving Per Recipe About 8

Amount Per Serving

Calories 198

Calories from Fat 63

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 0g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 2mg **0%**

Total Carbohydrates 35g **12%**

Dietary Fiber 4g **17%**

Sugars 28g

Protein 4g **8%**

Vitamin A 121IU 2% Vitamin C 16mg 27%

Calcium 42mg 4% Iron 1mg 5%

Vitamin E 0mg 1% Vitamin K 2µg 2%

Thiamin 0mg 4% Riboflavin 0mg 4%

Vitamin D 0IU 0% Niacin 1mg 3%

Vitamin B6 0mg 9% Vitamin B12 0µg 0%

Pantothenic acid 0mg 5% Folate 14µg 4%

Phosphorus 97mg 10% Magnesium 43mg 11%

Zinc 1mg Selenium 2µg

Copper 0mg 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 118g

Energy 198kcal

Energy 830kJ

Protein 4g **8%**

Total lipid (fat) 7g **11%**

Ash 1g

Carbohydrate, by difference 35g **12%**

Fiber, total dietary 4g **17%**

Sugars, total 28g

Sucrose 2g

Glucose (dextrose) 9g

Fructose 11g

Calcium, Ca 42mg **4%**

Iron, Fe 1mg **5%**

Magnesium, Mg 43mg **11%**

Phosphorus, P 97mg **10%**

Potassium, K 376mg **11%**

Sodium, Na 2mg **0%**

Zinc, Zn 1mg

Manganese, Mn 1mg

Selenium, Se 2µg

Fluoride, F 16µg

Vitamin C, total ascorbic acid 16mg **27%**

Niacin 1mg **3%**

Folate, total 14µg

Folate, food 14µg **4%**

Folate, DFE 14µg

Choline, total 11mg

Vitamin A, RAE 6µg

Carotene, beta 55µg

Carotene, alpha 2µg

Cryptoxanthin, beta 35µg

Vitamin A, IU 121IU **2%**

Lutein + zeaxanthin 47µg
Tocopherol, gamma 3mg

Vitamin K (phylloquinone) 2µg **2%**

**Fatty acids, total
monounsaturated** 2g

18:1 undifferentiated 2g

**Fatty acids, total
polyunsaturated** 4g

18:2 undifferentiated 4g

18:2 n-6 c,c 4g

Phytosterols 5mg

Campesterol 1mg

Beta-sitosterol 13mg

Glutamic acid 1g