

## Recipe Analyzer Results

A single serving of this recipe has 272 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

### Nutrition Facts

Serving Size 6 (166g)

Per Serving	% Daily Value*
-------------	----------------

Calories 272	
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Total Fat 9.7g	15%
----------------	-----

Saturated Fat 1.2g	6%
--------------------	----

Trans Fat 0g	
--------------	--

Cholesterol 0mg	0%
-----------------	----

Sodium 63mg	3%
-------------	----

Potassium 621mg	18%
-----------------	-----

Total Carb 42.3g	14%
------------------	-----

Dietary Fiber 11.3g	45%
---------------------	-----

Sugars 2.5g	
-------------	--


Protein 9.2g	
--------------	--

Vitamin A 78% · Vitamin C 104%

Calcium 9% · Iron 24%

\*Based on a [2,000 calorie diet](#)

Recipe analyzed by **verywell**

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# Nutritional Analysis Of Recipe Ingredients

**Yijin Wang**



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