

BABAGANOUSZ

Nutrition Facts

8 Servings

Amount Per Serving: ½ pint

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|---------------------------|------------|
| Calories | 191.5 |
| Total Fat | 12.2 g |
| Saturated Fat | 2.2 g |
| Polyunsaturated Fat | 0.4 g |
| Monounsaturated Fat | 0.1 g |
| Cholesterol | 3.1 mg |
| Sodium | 305.8 mg |
| Potassium | 1,066.9 mg |
| Total Carbohydrate | 32.0 g |
| Dietary Fiber | 13.2 g |
| Sugars | 0.1 g |
| Protein | 8.6 g |
| Vitamin A | 11.4 % |
| Vitamin B-12 | 0.0 % |
| Vitamin B-6 | 21.6 % |
| Vitamin C | 17.9 % |
| Vitamin D | 0.0 % |
| Vitamin E | 1.0 % |
| Calcium | 4.5 % |
| Copper | 13.9 % |
| Folate | 23.3 % |
| Iron | 8.8 % |
| Magnesium | 17.3 % |
| Manganese | 33.0 % |
| Niacin | 14.7 % |
| Pantothenic Acid | 12.4 % |
| Phosphorus | 11.0 % |
| Riboflavin | 10.2 % |
| Selenium | 2.3 % |
| Thiamin | 17.2 % |
| Zinc | 4.9 % |

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.