

Recipe Analyzer Results

A single serving of this recipe has 222 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

Servings: 9

Amount per serving

Calories 222

% Daily Value\*

Total Fat 12.7g 16%

Saturated Fat 1.9g 9%

Cholesterol 0mg 0%

Sodium 73mg 3%

Total Carbohydrate 21.8g 8%

Dietary Fiber 1.4g 5%

Total Sugars 4.2g

Protein 5.4g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 8%

Ingredients:

- 375 ml (1 1/2 cups) frozen mixed berries
- 30 ml (2 tbsp) cornstarch
- 1 package (300 g/10.5 oz) soft tofu
- 15 ml (1 tbsp) honey
- 5 ml (1 tsp) vanilla extract
- 1 sheet (225 g/8 oz) puff pastry, thawed
- 125 ml (1/2 cup) unsalted pumpkin seeds

Potassium 132mg

3%

## Nutrition Facts

Servings: 9

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**