

Total Weight: 100.00 g (3.53 oz-wt.)
 Serving Size: 100.00 g (3.53 oz-wt.)
 Serves: 1.00
 Cost: --

Multi-Column

Basic Components

Calories	364.00	Vitamin E mg	0.06 mg	18:4-Stearidon	0 g
Calories from Fat	8.82	Folate	26.00 mcg	20:3-Eicosatrienoic	0 g
Calories from Saturated Fat	1.40	Folate DFE	26.00 mcg	20:4-Arachidon	0 g
Protein	11.00 g	Vitamin K	0.30 mcg	20:5-EPA	0 g
Carbohydrates	76.31 g	Pantothenic Acid	0.44 mg	22:5-DPA	0 g
Dietary Fiber	2.70 g	Minerals		22:6-DHA	0 g
Soluble Fiber	0.89 g	Boron	-- mcg	Other Fats	
InSoluble Fiber	1.81 g	Calcium	15.00 mg	Omega 3 Fatty Acids	0.02 g
Sugar - Total	0.27 g	Chloride	-- mg	Omega 6 Fatty Acids	0.39 g
Monosaccharides	-- g	Chromium	-- mcg	Amino Acids	
Galactose	-- g	Copper	0.14 mg	Alanine	0.33 g
Glucose	-- g	Fluoride	-- mg	Arginine	0.42 g
Fructose	-- g	Iodine	10.20 mcg	Aspartate	0.44 g
Disaccharides	-- g	Iron	1.17 mg	Cystine	0.22 g
Lactose	-- g	Magnesium	22.00 mg	Glutamate	3.48 g
Sucrose	-- g	Manganese	0.68 mg	Glycine	0.37 g
Maltose	-- g	Molybdenum	-- mcg	Histidine	0.23 g
Other Carbs	73.34 g	Phosphorus	108.00 mg	Isoleucine	0.36 g
Fat - Total	0.98 g	Potassium	107.00 mg	Leucine	0.71 g
Saturated Fat	0.16 g	Selenium	33.90 mcg	Lysine	0.23 g
Mono Fat	0.09 g	Sodium	2.00 mg	Methionine	0.18 g
Poly Fat	0.41 g	Zinc	0.70 mg	Phenylalanine	0.52 g
Trans Fatty Acids	0 g	Saturated Fats		Proline	1.20 g
Cholesterol	0 mg	4:0-Butyric	0 g	Serine	0.52 g
Water	11.92 g	6:0-Caproic	0 g	Threonine	0.28 g
Ash	0.47 g	8:0-Caprylic	0 g	Tryptophan	0.13 g
KiloJoules	1523.00	10:0-Capric	0 g	Tyrosine	0.31 g
Vitamins		12:0-Lauric	0 g	Valine	0.41 g
Vitamin A IU	0 IU	14:0-Myristic	0 g	Other	
Vitamin A RAE	0 mcg	15:0-Pentadecanoic	0 g	Alcohol	0 g
Vitamin A RE	0 mcg	16:0-Palmitic	0.15 g	Caffeine	0 mg
A - Carotenoid	0 RE	17:0-Margaric	0 g	Artif Sweetener - Total	-- mg
A - Retinol	0 RE	18:0-Stearic	0.01 g	Aspartame	-- mg
A - Beta Carotene	0 mcg	20:0-Arachidic	0 g	Saccharin	-- mg
Thiamin-B1	0.12 mg	22:0-Beheenate	0 g	Sugar Alcohol	-- g
Riboflavin-B2	0.04 mg	24:0-Lignoceric	0 g	Glycerol	-- g
Niacin-B3	1.25 mg	Mono Fats		Inositol	-- g
Niacin Equiv.	3.37 mg	14:1-Myristol	0 g	Mannitol	-- g
Vitamin-B6	0.04 mg	15:1-Pentadecenoic	0 g	Sorbitol	-- g
Vitamin-B12	0 mcg	16:1-Palmitol	0 g	Xylitol	-- g
Biotin	1.02 mcg	17:1-Heptadecenoic	0 g	Organic Acids	-- mg
Vitamin C	0 mg	18:1-Oleic	0.09 g	Acetic Acid	-- mg
Vitamin D IU	0 IU	20:1-Eicosen	0 g	Citric Acid	-- mg
Vitamin D mcg	0 mcg	22:1-Erucic	0 g	Lactic Acid	-- mg
Vit E Alpha-Tocopherol	0.06 mg	24:1-Nervonic	0 g	Malic Acid	-- mg
Vit E-Alpha Equiv.	0.06 mg	Poly Fats		Choline	-- mg
Vitamin E IU	0.09 IU	18:2-Linoleic	0.39 g	Taurine	-- mg
		18:3-Linolenic	0.02 g		