

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	361.00	Vitamin E mg	0.57 mg	18:4-Stearidon	0 g
Calories from Fat	16.56	Folate	38.00 mcg	20:3-Eicosatrienoic	0 g
Calories from Saturated Fat	3.47	Folate DFE	38.00 mcg	20:4-Arachidon	0 g
Protein	10.28 g	Vitamin K	2.20 mcg	20:5-EPA	0 g
Carbohydrates	78.30 g	Pantothenic Acid	0.58 mg	22:5-DPA	0 g
Dietary Fiber	7.10 g	Minerals		22:6-DHA	0 g
Soluble Fiber	-- g	Boron	-- mcg	Other Fats	
InSoluble Fiber	-- g	Calcium	37.00 mg	Omega 3 Fatty Acids	0.10 g
Sugar - Total	0.80 g	Chloride	-- mg	Omega 6 Fatty Acids	0.86 g
Monosaccharides	-- g	Chromium	-- mcg	Amino Acids	
Galactose	-- g	Copper	0.27 mg	Alanine	0.52 g
Glucose	-- g	Fluoride	-- mg	Arginine	0.84 g
Fructose	-- g	Iodine	-- mcg	Aspartate	0.78 g
Disaccharides	-- g	Iron	4.71 mg	Cystine	0.16 g
Lactose	-- g	Magnesium	97.00 mg	Glutamate	1.83 g
Sucrose	-- g	Manganese	1.19 mg	Glycine	0.44 g
Maltose	-- g	Molybdenum	-- mcg	Histidine	0.28 g
Other Carbs	70.40 g	Phosphorus	303.00 mg	Isoleucine	0.36 g
Fat - Total	1.84 g	Potassium	224.00 mg	Leucine	0.75 g
Saturated Fat	0.39 g	Selenium	37.70 mcg	Lysine	0.54 g
Mono Fat	0.25 g	Sodium	11.00 mg	Methionine	0.29 g
Poly Fat	0.95 g	Zinc	2.06 mg	Phenylalanine	0.23 g
Trans Fatty Acids	-- g	Saturated Fats		Proline	1.12 g
Cholesterol	0 mg	4:0-Butyric	-- g	Serine	0.47 g
Water	8.21 g	6:0-Caproic	-- g	Threonine	0.41 g
Ash	1.37 g	8:0-Caprylic	-- g	Tryptophan	0.13 g
KiloJoules	1510.00	10:0-Capric	-- g	Tyrosine	0.34 g
Vitamins		12:0-Lauric	0.01 g	Valine	0.50 g
Vitamin A IU	19.00 IU	14:0-Myristic	0.01 g	Other	
Vitamin A RAE	1.00 mcg	15:0-Pentadecanoic	-- g	Alcohol	0 g
Vitamin A RE	2.00 mcg	16:0-Palmitic	0.35 g	Caffeine	0 mg
A - Carotenoid	2.00 RE	17:0-Margaric	-- g	Artif Sweetener - Total	-- mg
A - Retinol	0 RE	18:0-Stearic	0.01 g	Aspartame	-- mg
A - Beta Carotene	11.00 mcg	20:0-Arachidic	-- g	Saccharin	-- mg
Thiamin-B1	0.31 mg	22:0-Behenate	-- g	Sugar Alcohol	-- g
Riboflavin-B2	0.31 mg	24:0-Lignoceric	-- g	Glycerol	-- g
Niacin-B3	5.64 mg	Mono Fats		Inositol	-- g
Niacin Equiv.	7.84 mg	14:1-Myristol	-- g	Mannitol	-- g
Vitamin-B6	0.66 mg	15:1-Pentadecenoic	-- g	Sorbitol	-- g
Vitamin-B12	0 mcg	16:1-Palmitol	0.01 g	Xylitol	-- g
Biotin	-- mcg	17:1-Heptadecenoic	-- g	Organic Acids	-- mg
Vitamin C	0.60 mg	18:1-Oleic	0.21 g	Acetic Acid	-- mg
Vitamin D IU	-- IU	20:1-Eicosen	-- g	Citric Acid	-- mg
Vitamin D mcg	-- mcg	22:1-Erucic	-- g	Lactic Acid	-- mg
Vit E Alpha-Tocopherol	0.57 mg	24:1-Nervonic	-- g	Malic Acid	-- mg
Vit E-Alpha Equiv.	0.57 mg	Poly Fats		Choline	37.70 mg
Vitamin E IU	0.85 IU	18:2-Linoleic	0.86 g	Taurine	-- mg
		18:3-Linolenic	0.10 g		