

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	398.00
Calories from Fat	48.96
Calories from Saturated Fat	7.97
Protein	10.40 g
Carbohydrates	76.93 g
Dietary Fiber	8.70 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	1.81 g
Monosaccharides	0.28 g
Galactose	0 g
Glucose	0.16 g
Fructose	0.12 g
Disaccharides	1.53 g
Lactose	0 g
Sucrose	1.53 g
Maltose	0 g
Other Carbs	66.42 g
Fat - Total	5.44 g
Saturated Fat	0.89 g
Mono Fat	1.68 g
Poly Fat	2.46 g
Trans Fatty Acids	-- g
Cholesterol	-- mg
Water	5.70 g
Ash	1.54 g
KiloJoules	1665.00
Vitamins	
Vitamin A IU	-- IU
Vitamin A RAE	-- mcg
Vitamin A RE	-- mcg
A - Carotenoid	-- RE
A - Retinol	-- RE
A - Beta Carotene	-- mcg
Thiamin-B1	0.28 mg
Riboflavin-B2	0.11 mg
Niacin-B3	2.02 mg
Niacin Equiv.	2.02 mg
Vitamin-B6	0.59 mg
Vitamin-B12	-- mcg
Biotin	-- mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.73 mg
Vit E-Alpha Equiv.	0.73 mg
Vitamin E IU	1.09 IU

Vitamin E mg	0.73 mg
Folate	58.00 mcg
Folate DFE	-- mcg
Vitamin K	0 mcg
Pantothenic Acid	0.35 mg
Minerals	
Boron	-- mcg
Calcium	5.00 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.22 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	2.91 mg
Magnesium	133.00 mg
Manganese	0.76 mg
Molybdenum	-- mcg
Phosphorus	354.00 mg
Potassium	393.00 mg
Selenium	11.80 mcg
Sodium	7.00 mg
Zinc	2.91 mg

Saturated Fats

4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0.71 g
17:0-Margaric	0 g
18:0-Stearic	0.13 g
20:0-Arachidic	0.03 g
22:0-Behenate	0.02 g
24:0-Lignoceric	0 g

Mono Fats

14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.00 g
17:1-Heptadecenoic	0 g
18:1-Oleic	1.66 g
20:1-Eicosen	0.01 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	2.40 g
18:3-Linolenic	-- g

18:4-Stearidon	-- g
20:3-Eicosatrienoic	-- g
20:4-Arachidon	-- g
20:5-EPA	-- g
22:5-DPA	-- g
22:6-DHA	-- g

Other Fats

Omega 3 Fatty Acids	-- g
Omega 6 Fatty Acids	2.40 g

Amino Acids

Alanine	-- g
Arginine	-- g
Aspartate	-- g
Cystine	-- g
Glutamate	-- g
Glycine	-- g
Histidine	-- g
Isoleucine	-- g
Leucine	-- g
Lysine	-- g
Methionine	-- g
Phenylalanine	-- g
Proline	-- g
Serine	-- g
Threonine	-- g
Tryptophan	-- g
Tyrosine	-- g
Valine	-- g

Other

Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	-- mg
Taurine	-- mg