

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 339.00  
 Calories from Fat 16.92  
 Calories from Saturated Fat 2.90  
 Protein 13.70 g  
 Carbohydrates 72.60 g  
 Dietary Fiber 11.55 g  
 Soluble Fiber 1.89 g  
 InSoluble Fiber 9.66 g  
 Sugar - Total 2.00 g  
 Monosaccharides -- g  
 Galactose -- g  
 Glucose -- g  
 Fructose -- g  
 Disaccharides -- g  
 Lactose 0 g  
 Sucrose -- g  
 Maltose -- g  
 Other Carbs 59.05 g  
 Fat - Total 1.88 g  
 Saturated Fat 0.32 g  
 Mono Fat 0.23 g  
 Poly Fat 0.78 g  
 Trans Fatty Acids 0 g  
 Cholesterol 0 mg  
 Water 10.30 g  
 Ash 1.61 g  
 KiloJoules 1418.00

## Vitamins

Vitamin A IU 0 IU  
 Vitamin A RAE 0 mcg  
 Vitamin A RE 0 mcg  
 A - Carotenoid 0 RE  
 A - Retinol 0 RE  
 A - Beta Carotene 0 mcg  
 Thiamin-B1 0.45 mg  
 Riboflavin-B2 0.22 mg  
 Niacin-B3 6.37 mg  
 Niacin Equiv. 9.90 mg  
 Vitamin-B6 0.34 mg  
 Vitamin-B12 0 mcg  
 Biotin 4.40 mcg  
 Vitamin C 0 mg  
 Vitamin D IU 0 IU  
 Vitamin D mcg 0 mcg  
 Vit E Alpha-Tocopherol 0.25 mg  
 Vit E-Alpha Equiv. 0.42 mg  
 Vitamin E IU 0.37 IU

Vitamin E mg 0.42 mg  
 Folate 44.00 mcg  
 Folate DFE -- mcg  
 Vitamin K -- mcg  
 Pantothenic Acid 1.01 mg

## Minerals

Boron 0.06 mcg  
 Calcium 34.00 mg  
 Chloride 39.60 mg  
 Chromium -- mcg  
 Copper 0.38 mg  
 Fluoride -- mg  
 Iodine -- mcg  
 Iron 3.89 mg  
 Magnesium 138.00 mg  
 Manganese 3.80 mg  
 Molybdenum -- mcg  
 Phosphorus 346.00 mg  
 Potassium 405.00 mg  
 Selenium 70.70 mcg  
 Sodium 5.00 mg  
 Zinc 2.94 mg

## Saturated Fats

4:0-Butyric -- g  
 6:0-Caproic -- g  
 8:0-Caprylic 0.02 g  
 10:0-Capric -- g  
 12:0-Lauric -- g  
 14:0-Myristic 0.00 g  
 15:0-Pentadecanoic -- g  
 16:0-Palmitic 0.27 g  
 17:0-Margaric -- g  
 18:0-Stearic 0.01 g  
 20:0-Arachidic -- g  
 22:0-Behenate -- g  
 24:0-Lignoceric -- g

## Mono Fats

14:1-Myristol 0 g  
 15:1-Pentadecenoic 0 g  
 16:1-Palmitol 0.01 g  
 17:1-Heptadecenoic 0 g  
 18:1-Oleic 0.22 g  
 20:1-Eicosen 0 g  
 22:1-Erucic 0 g  
 24:1-Nervonic 0 g

**Poly Fats**  
 18:2-Linoleic 0.74 g  
 18:3-Linolenic 0.04 g

18:4-Stearidon -- g  
 20:3-Eicosatrienoic -- g  
 20:4-Arachidon 0.00 g  
 20:5-EPA -- g  
 22:5-DPA -- g  
 22:6-DHA -- g

## Other Fats

Omega 3 Fatty Acids 0.04 g  
 Omega 6 Fatty Acids 0.74 g

## Amino Acids

Alanine 0.49 g  
 Arginine 0.64 g  
 Aspartate 0.70 g  
 Cystine 0.32 g  
 Glutamate 4.33 g  
 Glycine 0.55 g  
 Histidine 0.32 g  
 Isoleucine 0.51 g  
 Leucine 0.93 g  
 Lysine 0.38 g  
 Methionine 0.21 g  
 Phenylalanine 0.65 g  
 Proline 1.42 g  
 Serine 0.65 g  
 Threonine 0.40 g  
 Tryptophan 0.21 g  
 Tyrosine 0.40 g  
 Valine 0.62 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