

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 329.00
 Calories from Fat 17.28
 Calories from Saturated Fat 2.83
 Protein 15.40 g
 Carbohydrates 68.03 g
 Dietary Fiber 12.20 g
 Soluble Fiber 1.46 g
 InSoluble Fiber 10.74 g
 Sugar - Total 0.41 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose -- g
 Sucrose -- g
 Maltose -- g
 Other Carbs 55.42 g
 Fat - Total 1.92 g
 Saturated Fat 0.31 g
 Mono Fat 0.30 g
 Poly Fat 0.77 g
 Trans Fatty Acids 0 g
 Cholesterol 0 mg
 Water 12.76 g
 Ash 1.89 g
 KiloJoules 1377.00

Vitamins

Vitamin A IU 9.00 IU
 Vitamin A RAE 0.45 mcg
 Vitamin A RE 0.90 mcg
 A - Carotenoid 0.90 RE
 A - Retinol 0 RE
 A - Beta Carotene 5.00 mcg
 Thiamin-B1 0.50 mg
 Riboflavin-B2 0.11 mg
 Niacin-B3 5.71 mg
 Niacin Equiv. 8.96 mg
 Vitamin-B6 0.34 mg
 Vitamin-B12 0 mcg
 Biotin -- mcg
 Vitamin C 0 mg
 Vitamin D IU -- IU
 Vitamin D mcg -- mcg
 Vit E Alpha-Tocopherol 1.01 mg
 Vit E-Alpha Equiv. 1.01 mg
 Vitamin E IU 1.50 IU

Vitamin E mg 1.01 mg
 Folate 43.00 mcg
 Folate DFE 43.00 mcg
 Vitamin K 1.90 mcg
 Pantothenic Acid 0.94 mg

Minerals

Boron -- mcg
 Calcium 25.00 mg
 Chloride -- mg
 Chromium -- mcg
 Copper 0.41 mg
 Fluoride -- mg
 Iodine -- mcg
 Iron 3.60 mg
 Magnesium 124.00 mg
 Manganese 4.05 mg
 Molybdenum -- mcg
 Phosphorus 332.00 mg
 Potassium 340.00 mg
 Selenium 70.70 mcg
 Sodium 2.00 mg
 Zinc 2.78 mg

Saturated Fats

4:0-Butyric -- g
 6:0-Caproic -- g
 8:0-Caprylic -- g
 10:0-Capric -- g
 12:0-Lauric -- g
 14:0-Myristic 0.00 g
 15:0-Pentadecanoic -- g
 16:0-Palmitic 0.28 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 -- g
 15:1-Pentadecenoic -- g
 16:1-Palmitol 0.07 g
 17:1-Heptadecenoic -- g
 18:1-Oleic 0.24 g
 20:1-Eicosen -- g
 22:1-Erucic -- g
 24:1-Nervonic -- g

Poly Fats

18:2-Linoleic 0.73 g
 18:3-Linolenic 0.04 g

18:4-Stearidon 0 g
 20:3-Eicosatrienoic 0 g
 20:4-Arachidon 0.00 g
 20:5-EPA 0 g
 22:5-DPA 0 g
 22:6-DHA 0 g

Other Fats

Omega 3 Fatty Acids 0.04 g
 Omega 6 Fatty Acids 0.73 g

Amino Acids

Alanine 0.56 g
 Arginine 0.70 g
 Aspartate 0.81 g
 Cystine 0.40 g
 Glutamate 4.95 g
 Glycine 0.62 g
 Histidine 0.33 g
 Isoleucine 0.54 g
 Leucine 1.04 g
 Lysine 0.40 g
 Methionine 0.23 g
 Phenylalanine 0.72 g
 Proline 1.68 g
 Serine 0.66 g
 Threonine 0.43 g
 Tryptophan 0.20 g
 Tyrosine 0.44 g
 Valine 0.68 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