

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 354.00
 Calories from Fat 20.70
 Calories from Saturated Fat 4.34
 Protein 12.48 g
 Carbohydrates 73.48 g
 Dietary Fiber 17.30 g
 Soluble Fiber 3.50 g
 InSoluble Fiber 13.80 g
 Sugar - Total 0.80 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose -- g
 Sucrose -- g
 Maltose -- g
 Other Carbs 55.38 g
 Fat - Total 2.30 g
 Saturated Fat 0.48 g
 Mono Fat 0.29 g
 Poly Fat 1.11 g
 Trans Fatty Acids 0 g
 Cholesterol 0 mg
 Water 9.44 g
 Ash 2.29 g
 KiloJoules 1481.00

Vitamins
 Vitamin A IU 22.00 IU
 Vitamin A RAE 1.00 mcg
 Vitamin A RE 2.00 mcg
 A - Carotenoid 2.00 RE
 A - Retinol 0 RE
 A - Beta Carotene 13.00 mcg
 Thiamin-B1 0.65 mg
 Riboflavin-B2 0.28 mg
 Niacin-B3 4.60 mg
 Niacin Equiv. 8.07 mg
 Vitamin-B6 0.32 mg
 Vitamin-B12 0 mcg
 Biotin -- mcg
 Vitamin C 0 mg
 Vitamin D IU -- IU
 Vitamin D mcg -- mcg
 Vit E Alpha-Tocopherol 0.57 mg
 Vit E-Alpha Equiv. 0.57 mg
 Vitamin E IU 0.85 IU

Vitamin E mg 0.57 mg
 Folate 19.00 mcg
 Folate DFE 19.00 mcg
 Vitamin K 2.20 mcg
 Pantothenic Acid 0.28 mg

Minerals
 Boron -- mcg
 Calcium 33.00 mg
 Chloride -- mg
 Chromium 13.30 mcg
 Copper 0.50 mg
 Fluoride -- mg
 Iodine 7.17 mcg
 Iron 3.60 mg
 Magnesium 133.00 mg
 Manganese 1.94 mg
 Molybdenum 44.00 mcg
 Phosphorus 264.00 mg
 Potassium 452.00 mg
 Selenium 37.70 mcg
 Sodium 12.00 mg
 Zinc 2.77 mg

Saturated Fats

4:0-Butyric -- g
 6:0-Caproic -- g
 8:0-Caprylic -- g
 10:0-Capric -- g
 12:0-Lauric 0.01 g
 14:0-Myristic 0.01 g
 15:0-Pentadecanoic -- g
 16:0-Palmitic 0.41 g
 17:0-Margaric -- g
 18:0-Stearic 0.02 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 0.01 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 1.00 g
 18:3-Linolenic 0.11 g

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

Other Fats

Omega 3 Fatty Acids 0.11 g
 Omega 6 Fatty Acids 1.00 g

Amino Acids

Alanine 0.49 g
 Arginine 0.63 g
 Aspartate 0.78 g
 Cystine 0.28 g
 Glutamate 3.26 g
 Glycine 0.45 g
 Histidine 0.28 g
 Isoleucine 0.46 g
 Leucine 0.85 g
 Lysine 0.47 g
 Methionine 0.24 g
 Phenylalanine 0.70 g
 Proline 1.48 g
 Serine 0.53 g
 Threonine 0.42 g
 Tryptophan 0.21 g
 Tyrosine 0.36 g
 Valine 0.61 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