

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		Vitamin E mg	-- mg	18:4-Stearidon	-- g
Calories	319.15	Folate	-- mcg	20:3-Eicosatrienoic	-- g
Calories from Fat	28.72	Folate DFE	-- mcg	20:4-Arachidon	-- g
Calories from Saturated Fat	0	Vitamin K	-- mcg	20:5-EPA	-- g
Protein	10.64 g	Pantothenic Acid	-- mg	22:5-DPA	-- g
Carbohydrates	72.34 g	Minerals		22:6-DHA	-- g
Dietary Fiber	6.38 g	Boron	-- mcg	Other Fats	
Soluble Fiber	-- g	Calcium	0 mg	Omega 3 Fatty Acids	-- g
InSoluble Fiber	-- g	Chloride	-- mg	Omega 6 Fatty Acids	-- g
Sugar - Total	0 g	Chromium	-- mcg	Amino Acids	
Monosaccharides	0 g	Copper	-- mg	Alanine	-- g
Galactose	0 g	Fluoride	-- mg	Arginine	-- g
Glucose	0 g	Iodine	-- mcg	Aspartate	-- g
Fructose	0 g	Iron	7.66 mg	Cystine	-- g
Disaccharides	0 g	Magnesium	-- mg	Glutamate	-- g
Lactose	0 g	Manganese	-- mg	Glycine	-- g
Sucrose	0 g	Molybdenum	-- mcg	Histidine	-- g
Maltose	0 g	Phosphorus	-- mg	Isoleucine	-- g
Other Carbs	65.96 g	Potassium	425.53 mg	Leucine	-- g
Fat - Total	3.19 g	Selenium	-- mcg	Lysine	-- g
Saturated Fat	0 g	Sodium	0 mg	Methionine	-- g
Mono Fat	-- g	Zinc	-- mg	Phenylalanine	-- g
Poly Fat	-- g	Saturated Fats		Proline	-- g
Trans Fatty Acids	0 g	4:0-Butyric	0 g	Serine	-- g
Cholesterol	0 mg	6:0-Caproic	0 g	Threonine	-- g
Water	8.67 g	8:0-Caprylic	0 g	Tryptophan	-- g
Ash	5.32 g	10:0-Capric	0 g	Tyrosine	-- g
KiloJoules	1336.17	12:0-Lauric	0 g	Valine	-- g
Vitamins		14:0-Myristic	0 g	Other	
Vitamin A IU	0 IU	15:0-Pentadecanoic	0 g	Alcohol	0 g
Vitamin A RAE	0 mcg	16:0-Palmitic	0 g	Caffeine	0 mg
Vitamin A RE	0 mcg	17:0-Margaric	0 g	Artif Sweetener - Total	0 mg
A - Carotenoid	0 RE	18:0-Stearic	0 g	Aspartame	0 mg
A - Retinol	0 RE	20:0-Arachidic	0 g	Saccharin	0 mg
A - Beta Carotene	0 mcg	22:0-Beheenate	0 g	Sugar Alcohol	-- g
Thiamin-B1	0.80 mg	24:0-Lignoceric	0 g	Glycerol	-- g
Riboflavin-B2	0.36 mg	Mono Fats		Inositol	-- g
Niacin-B3	2.55 mg	14:1-Myristol	-- g	Mannitol	-- g
Niacin Equiv.	2.55 mg	15:1-Pentadecenoic	-- g	Sorbitol	-- g
Vitamin-B6	-- mg	16:1-Palmitol	-- g	Xylitol	-- g
Vitamin-B12	-- mcg	17:1-Heptadecenoic	-- g	Organic Acids	-- mg
Biotin	-- mcg	18:1-Oleic	-- g	Acetic Acid	-- mg
Vitamin C	0 mg	20:1-Eicosen	-- g	Citric Acid	-- mg
Vitamin D IU	-- IU	22:1-Erucic	-- g	Lactic Acid	-- mg
Vitamin D mcg	-- mcg	24:1-Nervonic	-- g	Malic Acid	-- mg
Vit E Alpha-Tocopherol	-- mg	Poly Fats		Choline	-- mg
Vit E-Alpha Equiv.	-- mg	18:2-Linoleic	-- g	Taurine	-- mg
Vitamin E IU	-- IU	18:3-Linolenic	-- g		