

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 367.00
 Calories from Fat 12.24
 Calories from Saturated Fat 1.30
 Protein 8.39 g
 Carbohydrates 80.23 g
 Dietary Fiber 14.60 g
 Soluble Fiber 5.90 g
 InSoluble Fiber 8.70 g
 Sugar - Total 1.04 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose -- g
 Sucrose -- g
 Maltose -- g
 Other Carbs 64.59 g
 Fat - Total 1.36 g
 Saturated Fat 0.14 g
 Mono Fat 0.15 g
 Poly Fat 0.56 g
 Trans Fatty Acids 0 g
 Cholesterol 0 mg
 Water 8.78 g
 Ash 1.24 g
 KiloJoules 1536.00

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 0.33 mg
 Riboflavin-B2 0.09 mg
 Niacin-B3 0.80 mg
 Niacin Equiv. 2.38 mg
 Vitamin-B6 0.23 mg
 Vitamin-B12 0 mcg
 Biotin 3.22 mcg
 Vitamin C 0 mg
 Vitamin D IU -- IU
 Vitamin D mcg -- mcg
 Vit E Alpha-Tocopherol 0.43 mg
 Vit E-Alpha Equiv. 0.43 mg
 Vitamin E IU 0.64 IU

Vitamin E mg 0.43 mg
 Folate 22.00 mcg
 Folate DFE 22.00 mcg
 Vitamin K 5.90 mcg
 Pantothenic Acid 0.67 mg

Minerals
 Boron -- mcg
 Calcium 21.00 mg
 Chloride -- mg
 Chromium -- mcg
 Copper 0.25 mg
 Fluoride -- mg
 Iodine -- mcg
 Iron 1.80 mg
 Magnesium 70.00 mg
 Manganese 1.97 mg
 Molybdenum -- mcg
 Phosphorus 194.00 mg
 Potassium 233.00 mg
 Selenium 35.70 mcg
 Sodium 2.00 mg
 Zinc 1.75 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 0.14 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 0.14 g
 20:1-Eicosen 0.01 g
 22:1-Erucic 0 g
 24:1-Nervonic 0 g

Poly Fats
 18:2-Linoleic 0.48 g
 18:3-Linolenic 0.08 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 0.08 g
 Omega 6 Fatty Acids 0.48 g

Amino Acids

Alanine 0.35 g
 Arginine 0.38 g
 Aspartate 0.58 g
 Cystine 0.17 g
 Glutamate 2.34 g
 Glycine 0.32 g
 Histidine 0.19 g
 Isoleucine 0.32 g
 Leucine 0.58 g
 Lysine 0.29 g
 Methionine 0.13 g
 Phenylalanine 0.42 g
 Proline 0.90 g
 Serine 0.46 g
 Threonine 0.29 g
 Tryptophan 0.10 g
 Tyrosine 0.17 g
 Valine 0.42 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