

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 370.00
 Calories from Fat 67.50
 Calories from Saturated Fat 9.00
 Protein 13.70 g
 Carbohydrates 68.17 g
 Dietary Fiber 9.35 g
 Soluble Fiber 4.77 g
 InSoluble Fiber 4.58 g
 Sugar - Total 1.42 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose 0 g
 Sucrose -- g
 Maltose -- g
 Other Carbs 57.40 g
 Fat - Total 7.50 g
 Saturated Fat 1.00 g
 Mono Fat 1.98 g
 Poly Fat 2.15 g
 Trans Fatty Acids 0 g
 Cholesterol 0 mg
 Water 9.38 g
 Ash 1.88 g
 KiloJoules 1547.50

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 0.55 mg
 Riboflavin-B2 0.13 mg
 Niacin-B3 0.83 mg
 Niacin Equiv. 0.83 mg
 Vitamin-B6 0.10 mg
 Vitamin-B12 0 mcg
 Biotin -- mcg
 Vitamin C 0 mg
 Vitamin D IU 0 IU
 Vitamin D mcg 0 mcg
 Vit E Alpha-Tocopherol 0.66 mg
 Vit E-Alpha Equiv. 0.66 mg
 Vitamin E IU 0.98 IU

Vitamin E mg 0.66 mg
 Folate 48.75 mcg
 Folate DFE -- mcg
 Vitamin K -- mcg
 Pantothenic Acid 0.70 mg

Minerals

Boron -- mcg
 Calcium 47.45 mg
 Chloride -- mg
 Chromium -- mcg
 Copper 0.38 mg
 Fluoride -- mg
 Iodine -- mcg
 Iron 4.65 mg
 Magnesium 269.88 mg
 Manganese -- mg
 Molybdenum -- mcg
 Phosphorus 458.18 mg
 Potassium 358.00 mg
 Selenium -- mcg
 Sodium 3.15 mg
 Zinc 3.20 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 -- g
 15:0-Pentadecanoic -- g
 16:0-Palmitic -- g
 17:0-Margaric -- g
 18:0-Stearic -- 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 -- g
 17:1-Heptadecenoic -- g
 18:1-Oleic -- g
 20:1-Eicosen -- g
 22:1-Erucic -- g
 24:1-Nervonic -- g

Poly Fats

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

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

Other Fats

Omega 3 Fatty Acids -- g
 Omega 6 Fatty Acids -- g

Amino Acids

Alanine -- g
 Arginine -- g
 Aspartate -- g
 Cystine -- g
 Glutamate -- g
 Glycine -- g
 Histidine -- g
 Isoleucine -- g
 Leucine -- g
 Lysine -- g
 Methionine -- g
 Phenylalanine -- g
 Proline -- g
 Serine -- g
 Threonine -- g
 Tryptophan -- g
 Tyrosine -- g
 Valine -- 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