

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 421.00  
 Calories from Fat 62.10  
 Calories from Saturated Fat 11.70  
 Protein 14.00 g  
 Carbohydrates 74.00 g  
 Dietary Fiber 11.60 g  
 Soluble Fiber -- g  
 InSoluble Fiber -- g  
 Sugar - Total 0 g  
 Monosaccharides 0 g  
 Galactose 0 g  
 Glucose 0 g  
 Fructose 0 g  
 Disaccharides 0 g  
 Lactose 0 g  
 Sucrose 0 g  
 Maltose 0 g  
 Other Carbs 62.40 g  
 Fat - Total 6.90 g  
 Saturated Fat 1.30 g  
 Mono Fat 2.20 g  
 Poly Fat 2.50 g  
 Trans Fatty Acids 0 g  
 Cholesterol 0 mg  
 Water 3.00 g  
 Ash 2.10 g  
 KiloJoules 1761.00

**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 -- mg  
 Riboflavin-B2 -- mg  
 Niacin-B3 -- mg  
 Niacin Equiv. -- mg  
 Vitamin-B6 -- mg  
 Vitamin-B12 -- mcg  
 Biotin -- mcg  
 Vitamin C 0 mg  
 Vitamin D IU -- IU  
 Vitamin D mcg -- mcg  
 Vit E Alpha-Tocopherol -- mg  
 Vit E-Alpha Equiv. -- mg  
 Vitamin E IU -- IU

Vitamin E mg -- mg  
 Folate -- mcg  
 Folate DFE -- mcg  
 Vitamin K -- mcg  
 Pantothenic Acid -- mg  
**Minerals**  
 Boron -- mcg  
 Calcium 57.00 mg  
 Chloride -- mg  
 Chromium -- mcg  
 Copper -- mg  
 Fluoride -- mg  
 Iodine -- mcg  
 Iron 4.60 mg  
 Magnesium -- mg  
 Manganese -- mg  
 Molybdenum -- mcg  
 Phosphorus 520.00 mg  
 Potassium 384.00 mg  
 Selenium -- mcg  
 Sodium 4.40 mg  
 Zinc -- 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 0 mg  
 Aspartame 0 mg  
 Saccharin 0 mg  
 Sugar Alcohol 0 g  
 Glycerol 0 g  
 Inositol 0 g  
 Mannitol 0 g  
 Sorbitol 0 g  
 Xylitol 0 g  
 Organic Acids -- mg  
 Acetic Acid -- mg  
 Citric Acid -- mg  
 Lactic Acid -- mg  
 Malic Acid -- mg  
 Choline -- mg  
 Taurine -- mg