

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

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

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