

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	400.00
Calories from Fat	30.00
Calories from Saturated Fat	0
Protein	13.33 g
Carbohydrates	80.00 g
Dietary Fiber	10.00 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	10.00 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	60.00 g
Fat - Total	3.33 g
Saturated Fat	0 g
Mono Fat	0 g
Poly Fat	1.67 g
Trans Fatty Acids	-- g
Cholesterol	0 mg
Water	-- g
Ash	-- g
KiloJoules	1673.33
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	0.20 mg
Riboflavin-B2	0.11 mg
Niacin-B3	2.67 mg
Niacin Equiv.	2.67 mg
Vitamin-B6	-- mg
Vitamin-B12	-- mcg
Biotin	-- mcg
Vitamin C	40.00 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	0 mg
Chloride	-- mg
Chromium	-- mcg
Copper	-- mg
Fluoride	-- mg
Iodine	-- mcg
Iron	3.60 mg
Magnesium	-- mg
Manganese	-- mg
Molybdenum	-- mcg
Phosphorus	500.00 mg
Potassium	450.00 mg
Selenium	-- mcg
Sodium	333.33 mg
Zinc	-- mg

Saturated Fats

4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	0 g
17:0-Margaric	0 g
18:0-Stearic	0 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g

Mono Fats

14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 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	-- 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