

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		Vitamin E mg	0.66 mg	18:4-Stearidon	-- g
Calories	370.93	Folate	48.75 mcg	20:3-Eicosatrienoic	-- g
Calories from Fat	61.88	Folate DFE	-- mcg	20:4-Arachidon	-- g
Calories from Saturated Fat	9.22	Vitamin K	-- mcg	20:5-EPA	-- g
Protein	13.70 g	Pantothenic Acid	0.70 mg	22:5-DPA	-- g
Carbohydrates	68.17 g	Minerals		22:6-DHA	-- g
Dietary Fiber	9.35 g	Boron	-- mcg	Other Fats	
Soluble Fiber	4.77 g	Calcium	47.45 mg	Omega 3 Fatty Acids	-- g
InSoluble Fiber	4.58 g	Chloride	-- mg	Omega 6 Fatty Acids	-- g
Sugar - Total	1.42 g	Chromium	-- mcg	Amino Acids	
Monosaccharides	-- g	Copper	0.38 mg	Alanine	-- g
Galactose	-- g	Fluoride	-- mg	Arginine	-- g
Glucose	-- g	Iodine	-- mcg	Aspartate	-- g
Fructose	-- g	Iron	4.65 mg	Cystine	-- g
Disaccharides	-- g	Magnesium	269.88 mg	Glutamate	-- g
Lactose	0 g	Manganese	-- mg	Glycine	-- g
Sucrose	-- g	Molybdenum	-- mcg	Histidine	-- g
Maltose	-- g	Phosphorus	458.18 mg	Isoleucine	-- g
Other Carbs	57.40 g	Potassium	358.00 mg	Leucine	-- g
Fat - Total	6.88 g	Selenium	-- mcg	Lysine	-- g
Saturated Fat	1.02 g	Sodium	3.15 mg	Methionine	-- g
Mono Fat	1.98 g	Zinc	3.20 mg	Phenylalanine	-- g
Poly Fat	2.15 g	Saturated Fats		Proline	-- g
Trans Fatty Acids	0 g	4:0-Butyric	-- g	Serine	-- g
Cholesterol	0 mg	6:0-Caproic	-- g	Threonine	-- g
Water	9.38 g	8:0-Caprylic	-- g	Tryptophan	-- g
Ash	1.88 g	10:0-Capric	-- g	Tyrosine	-- g
KiloJoules	1552.50	12:0-Lauric	-- g	Valine	-- g
Vitamins		14:0-Myristic	-- g	Other	
Vitamin A IU	0 IU	15:0-Pentadecanoic	-- g	Alcohol	0 g
Vitamin A RAE	0 mcg	16:0-Palmitic	-- g	Caffeine	0 mg
Vitamin A RE	0 mcg	17:0-Margaric	-- g	Artif Sweetener - Total	-- mg
A - Carotenoid	0 RE	18:0-Stearic	-- g	Aspartame	-- mg
A - Retinol	0 RE	20:0-Arachidic	-- g	Saccharin	-- mg
A - Beta Carotene	0 mcg	22:0-Behenate	-- g	Sugar Alcohol	-- g
Thiamin-B1	0.55 mg	24:0-Lignoceric	-- g	Glycerol	-- g
Riboflavin-B2	0.13 mg	Mono Fats		Inositol	-- g
Niacin-B3	0.83 mg	14:1-Myristol	-- g	Mannitol	-- g
Niacin Equiv.	0.83 mg	15:1-Pentadecenoic	-- g	Sorbitol	-- g
Vitamin-B6	0.10 mg	16:1-Palmitol	-- g	Xylitol	-- g
Vitamin-B12	0 mcg	17:1-Heptadecenoic	-- g	Organic Acids	-- mg
Biotin	-- mcg	18:1-Oleic	-- g	Acetic Acid	-- mg
Vitamin C	0 mg	20:1-Eicosen	-- g	Citric Acid	-- mg
Vitamin D IU	0 IU	22:1-Erucic	-- g	Lactic Acid	-- mg
Vitamin D mcg	0 mcg	24:1-Nervonic	-- g	Malic Acid	-- mg
Vit E Alpha-Tocopherol	0.66 mg	Poly Fats		Choline	-- mg
Vit E-Alpha Equiv.	0.66 mg	18:2-Linoleic	-- g	Taurine	-- mg
Vitamin E IU	0.98 IU	18:3-Linolenic	-- g		