

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	361.00
Calories from Fat	14.94
Calories from Saturated Fat	2.20
Protein	11.98 g
Carbohydrates	72.53 g
Dietary Fiber	2.40 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	0.31 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	69.82 g
Fat - Total	1.66 g
Saturated Fat	0.24 g
Mono Fat	0.14 g
Poly Fat	0.73 g
Trans Fatty Acids	-- g
Cholesterol	0 mg
Water	13.36 g
Ash	0.47 g
KiloJoules	1510.00
Vitamins	
Vitamin A IU	2.00 IU
Vitamin A RAE	0.10 mcg
Vitamin A RE	0.20 mcg
A - Carotenoid	0.20 RE
A - Retinol	0 RE
A - Beta Carotene	1.00 mcg
Thiamin-B1	0.08 mg
Riboflavin-B2	0.06 mg
Niacin-B3	1.00 mg
Niacin Equiv.	3.32 mg
Vitamin-B6	0.04 mg
Vitamin-B12	0 mcg
Biotin	-- mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.40 mg
Vit E-Alpha Equiv.	0.40 mg
Vitamin E IU	0.60 IU

Vitamin E mg	0.40 mg
Folate	33.00 mcg
Folate DFE	33.00 mcg
Vitamin K	0.30 mcg
Pantothenic Acid	0.44 mg
Minerals	
Boron	-- mcg
Calcium	15.00 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.18 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	0.90 mg
Magnesium	25.00 mg
Manganese	0.79 mg
Molybdenum	-- mcg
Phosphorus	97.00 mg
Potassium	100.00 mg
Selenium	39.70 mcg
Sodium	2.00 mg
Zinc	0.85 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	0.00 g
15:0-Pentadecanoic	-- g
16:0-Palmitic	0.22 g
17:0-Margaric	-- g
18:0-Stearic	0.01 g
20:0-Arachidic	-- g
22:0-Behenate	-- g
24:0-Lignoceric	-- g

Mono Fats

14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	0.14 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	0.68 g
18:3-Linolenic	0.04 g

18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g

Other Fats

Omega 3 Fatty Acids	0.04 g
Omega 6 Fatty Acids	0.68 g

Amino Acids

Alanine	0.37 g
Arginine	0.42 g
Aspartate	0.48 g
Cystine	0.27 g
Glutamate	4.20 g
Glycine	0.41 g
Histidine	0.25 g
Isoleucine	0.44 g
Leucine	0.83 g
Lysine	0.23 g
Methionine	0.21 g
Phenylalanine	0.59 g
Proline	1.41 g
Serine	0.58 g
Threonine	0.32 g
Tryptophan	0.14 g
Tyrosine	0.33 g
Valine	0.50 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