

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 364.00  
 Calories from Fat 8.82  
 Calories from Saturated Fat 1.40  
 Protein 10.33 g  
 Carbohydrates 76.31 g  
 Dietary Fiber 2.70 g  
 Soluble Fiber 0.89 g  
 InSoluble Fiber 1.81 g  
 Sugar - Total 0.27 g  
 Monosaccharides -- g  
 Galactose -- g  
 Glucose -- g  
 Fructose -- g  
 Disaccharides -- g  
 Lactose -- g  
 Sucrose -- g  
 Maltose -- g  
 Other Carbs 73.34 g  
 Fat - Total 0.98 g  
 Saturated Fat 0.16 g  
 Mono Fat 0.09 g  
 Poly Fat 0.41 g  
 Trans Fatty Acids 0 g  
 Cholesterol 0 mg  
 Water 11.92 g  
 Ash 0.47 g  
 KiloJoules 1523.00  
**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 0.12 mg  
 Riboflavin-B2 0.04 mg  
 Niacin-B3 1.25 mg  
 Niacin Equiv. 3.37 mg  
 Vitamin-B6 0.04 mg  
 Vitamin-B12 0 mcg  
 Biotin 1.02 mcg  
 Vitamin C 0 mg  
 Vitamin D IU 0 IU  
 Vitamin D mcg 0 mcg  
 Vit E Alpha-Tocopherol 0.06 mg  
 Vit E-Alpha Equiv. 0.06 mg  
 Vitamin E IU 0.09 IU

Vitamin E mg 0.06 mg  
 Folate 26.00 mcg  
 Folate DFE 26.00 mcg  
 Vitamin K 0.30 mcg  
 Pantothenic Acid 0.44 mg

**Minerals**

Boron -- mcg  
 Calcium 15.00 mg  
 Chloride -- mg  
 Chromium -- mcg  
 Copper 0.14 mg  
 Fluoride -- mg  
 Iodine 10.20 mcg  
 Iron 1.17 mg  
 Magnesium 22.00 mg  
 Manganese 0.68 mg  
 Molybdenum -- mcg  
 Phosphorus 108.00 mg  
 Potassium 107.00 mg  
 Selenium 33.90 mcg  
 Sodium 2.00 mg  
 Zinc 0.70 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 0.15 g  
 17:0-Margaric 0 g  
 18:0-Stearic 0.01 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 0.09 g  
 20:1-Eicosen 0 g  
 22:1-Erucic 0 g  
 24:1-Nervonic 0 g

**Poly Fats**

18:2-Linoleic 0.39 g  
 18:3-Linolenic 0.02 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 0.02 g  
 Omega 6 Fatty Acids 0.39 g

**Amino Acids**

Alanine 0.33 g  
 Arginine 0.42 g  
 Aspartate 0.44 g  
 Cystine 0.22 g  
 Glutamate 3.48 g  
 Glycine 0.37 g  
 Histidine 0.23 g  
 Isoleucine 0.36 g  
 Leucine 0.71 g  
 Lysine 0.23 g  
 Methionine 0.18 g  
 Phenylalanine 0.52 g  
 Proline 1.20 g  
 Serine 0.52 g  
 Threonine 0.28 g  
 Tryptophan 0.13 g  
 Tyrosine 0.31 g  
 Valine 0.41 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