

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 10.80
 Calories from Saturated Fat --
 Protein 9.80 g
 Carbohydrates 74.70 g
 Dietary Fiber 0.30 g
 Soluble Fiber -- g
 InSoluble Fiber -- g
 Sugar - Total 0.80 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose 0 g
 Sucrose -- g
 Maltose -- g
 Other Carbs 73.60 g
 Fat - Total 1.20 g
 Saturated Fat -- g
 Mono Fat -- g
 Poly Fat -- g
 Trans Fatty Acids 0 g
 Cholesterol -- mg
 Water 13.50 g
 Ash 0.60 g
 KiloJoules 1523.00
Vitamins
 Vitamin A IU -- IU
 Vitamin A RAE -- mcg
 Vitamin A RE -- mcg
 A - Carotenoid -- RE
 A - Retinol -- RE
 A - Beta Carotene -- mcg
 Thiamin-B1 0.18 mg
 Riboflavin-B2 0.06 mg
 Niacin-B3 1.30 mg
 Niacin Equiv. 3.18 mg
 Vitamin-B6 -- mg
 Vitamin-B12 -- mcg
 Biotin -- mcg
 Vitamin C 0 mg
 Vitamin D IU 0 IU
 Vitamin D mcg 0 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 16.00 mg
 Chloride -- mg
 Chromium -- mcg
 Copper -- mg
 Fluoride -- mg
 Iodine -- mcg
 Iron 1.10 mg
 Magnesium -- mg
 Manganese -- mg
 Molybdenum -- mcg
 Phosphorus 112.00 mg
 Potassium -- mg
 Selenium -- mcg
 Sodium 2.00 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 0.24 g
 Arginine 0.39 g
 Aspartate 0.44 g
 Cystine 0.18 g
 Glutamate 3.11 g
 Glycine 0.36 g
 Histidine 0.18 g
 Isoleucine 0.40 g
 Leucine 0.71 g
 Lysine 0.22 g
 Methionine 0.16 g
 Phenylalanine 0.46 g
 Proline 1.23 g
 Serine 0.48 g
 Threonine 0.27 g
 Tryptophan 0.11 g
 Tyrosine 0.31 g
 Valine 0.45 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