

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	339.00
Calories from Fat	16.83
Calories from Saturated Fat	2.90
Protein	13.70 g
Carbohydrates	72.57 g
Dietary Fiber	12.20 g
Soluble Fiber	2.07 g
InSoluble Fiber	10.13 g
Sugar - Total	0.41 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	59.96 g
Fat - Total	1.87 g
Saturated Fat	0.32 g
Mono Fat	0.23 g
Poly Fat	0.78 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	10.27 g
Ash	1.60 g
KiloJoules	1418.00
Vitamins	
Vitamin A IU	9.00 IU
Vitamin A RAE	0.45 mcg
Vitamin A RE	0.90 mcg
A - Carotenoid	0.90 RE
A - Retinol	0 RE
A - Beta Carotene	5.00 mcg
Thiamin-B1	0.45 mg
Riboflavin-B2	0.22 mg
Niacin-B3	6.37 mg
Niacin Equiv.	9.90 mg
Vitamin-B6	0.34 mg
Vitamin-B12	0 mcg
Biotin	4.40 mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	0.82 mg
Vit E-Alpha Equiv.	0.82 mg
Vitamin E IU	1.22 IU

Vitamin E mg	0.82 mg
Folate	44.00 mcg
Folate DFE	44.00 mcg
Vitamin K	1.90 mcg
Pantothenic Acid	1.01 mg
Minerals	
Boron	-- mcg
Calcium	34.00 mg
Chloride	39.60 mg
Chromium	-- mcg
Copper	0.38 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	3.88 mg
Magnesium	138.00 mg
Manganese	3.80 mg
Molybdenum	-- mcg
Phosphorus	346.00 mg
Potassium	405.00 mg
Selenium	70.70 mcg
Sodium	5.00 mg
Zinc	2.93 mg

Saturated Fats

4:0-Butyric	-- g
6:0-Caproic	-- g
8:0-Caprylic	0.02 g
10:0-Capric	-- g
12:0-Lauric	-- g
14:0-Myristic	0.00 g
15:0-Pentadecanoic	-- g
16:0-Palmitic	0.27 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	0.22 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	0.74 g
18:3-Linolenic	0.04 g

18:4-Stearidon	-- g
20:3-Eicosatrienoic	-- g
20:4-Arachidon	0.00 g
20:5-EPA	-- g
22:5-DPA	-- g
22:6-DHA	-- g

Other Fats

Omega 3 Fatty Acids	0.04 g
Omega 6 Fatty Acids	0.74 g

Amino Acids

Alanine	0.49 g
Arginine	0.64 g
Aspartate	0.70 g
Cystine	0.32 g
Glutamate	4.32 g
Glycine	0.55 g
Histidine	0.32 g
Isoleucine	0.51 g
Leucine	0.93 g
Lysine	0.38 g
Methionine	0.21 g
Phenylalanine	0.65 g
Proline	1.42 g
Serine	0.65 g
Threonine	0.40 g
Tryptophan	0.21 g
Tyrosine	0.40 g
Valine	0.62 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