

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	Vitamin E mg	0.82 mg	18:4-Stearidon	-- g
Calories from Fat	16.83	Folate	44.00 mcg	20:3-Eicosatrienoic	-- g
Calories from Saturated Fat	2.90	Folate DFE	44.00 mcg	20:4-Arachidon	0.00 g
Protein	9.50 g	Vitamin K	1.90 mcg	20:5-EPA	-- g
Carbohydrates	72.57 g	Pantothenic Acid	1.01 mg	22:5-DPA	-- g
Dietary Fiber	12.20 g	Minerals		22:6-DHA	-- g
Soluble Fiber	2.07 g	Boron	-- mcg	Other Fats	
InSoluble Fiber	10.13 g	Calcium	34.00 mg	Omega 3 Fatty Acids	0.04 g
Sugar - Total	0.41 g	Chloride	39.60 mg	Omega 6 Fatty Acids	0.74 g
Monosaccharides	-- g	Chromium	-- mcg	Amino Acids	
Galactose	-- g	Copper	0.38 mg	Alanine	0.49 g
Glucose	-- g	Fluoride	-- mg	Arginine	0.64 g
Fructose	-- g	Iodine	-- mcg	Aspartate	0.70 g
Disaccharides	-- g	Iron	3.88 mg	Cystine	0.32 g
Lactose	-- g	Magnesium	138.00 mg	Glutamate	4.32 g
Sucrose	-- g	Manganese	3.80 mg	Glycine	0.55 g
Maltose	-- g	Molybdenum	-- mcg	Histidine	0.32 g
Other Carbs	59.96 g	Phosphorus	346.00 mg	Isoleucine	0.51 g
Fat - Total	1.87 g	Potassium	405.00 mg	Leucine	0.93 g
Saturated Fat	0.32 g	Selenium	70.70 mcg	Lysine	0.38 g
Mono Fat	0.23 g	Sodium	5.00 mg	Methionine	0.21 g
Poly Fat	0.78 g	Zinc	2.93 mg	Phenylalanine	0.65 g
Trans Fatty Acids	0 g	Saturated Fats		Proline	1.42 g
Cholesterol	0 mg	4:0-Butyric	-- g	Serine	0.65 g
Water	10.27 g	6:0-Caproic	-- g	Threonine	0.40 g
Ash	1.60 g	8:0-Caprylic	0.02 g	Tryptophan	0.21 g
KiloJoules	1418.00	10:0-Capric	-- g	Tyrosine	0.40 g
Vitamins		12:0-Lauric	-- g	Valine	0.62 g
Vitamin A IU	9.00 IU	14:0-Myristic	0.00 g	Other	
Vitamin A RAE	0.45 mcg	15:0-Pentadecanoic	-- g	Alcohol	0 g
Vitamin A RE	0.90 mcg	16:0-Palmitic	0.27 g	Caffeine	0 mg
A - Carotenoid	0.90 RE	17:0-Margaric	-- g	Artif Sweetener - Total	-- mg
A - Retinol	0 RE	18:0-Stearic	0.01 g	Aspartame	-- mg
A - Beta Carotene	5.00 mcg	20:0-Arachidic	-- g	Saccharin	-- mg
Thiamin-B1	0.45 mg	22:0-Beheate	-- g	Sugar Alcohol	-- g
Riboflavin-B2	0.22 mg	24:0-Lignoceric	-- g	Glycerol	-- g
Niacin-B3	6.37 mg	Mono Fats		Inositol	-- g
Niacin Equiv.	9.90 mg	14:1-Myristol	0 g	Mannitol	-- g
Vitamin-B6	0.34 mg	15:1-Pentadecenoic	0 g	Sorbitol	-- g
Vitamin-B12	0 mcg	16:1-Palmitol	0.01 g	Xylitol	-- g
Biotin	4.40 mcg	17:1-Heptadecenoic	0 g	Organic Acids	-- mg
Vitamin C	0 mg	18:1-Oleic	0.22 g	Acetic Acid	-- mg
Vitamin D IU	-- IU	20:1-Eicosen	0 g	Citric Acid	-- mg
Vitamin D mcg	-- mcg	22:1-Erucic	0 g	Lactic Acid	-- mg
Vit E Alpha-Tocopherol	0.82 mg	24:1-Nervonic	0 g	Malic Acid	-- mg
Vit E-Alpha Equiv.	0.82 mg	Poly Fats		Choline	-- mg
Vitamin E IU	1.22 IU	18:2-Linoleic	0.74 g	Taurine	-- mg
		18:3-Linolenic	0.04 g		