

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 365.00
 Calories from Fat 42.66
 Calories from Saturated Fat 6.00
 Protein 9.42 g
 Carbohydrates 74.26 g
 Dietary Fiber 7.30 g
 Soluble Fiber -- g
 InSoluble Fiber -- g
 Sugar - Total 0.64 g
 Monosaccharides -- g
 Galactose -- g
 Glucose -- g
 Fructose -- g
 Disaccharides -- g
 Lactose -- g
 Sucrose -- g
 Maltose -- g
 Other Carbs 66.32 g
 Fat - Total 4.74 g
 Saturated Fat 0.67 g
 Mono Fat 1.25 g
 Poly Fat 2.16 g
 Trans Fatty Acids -- g
 Cholesterol 0 mg
 Water 10.37 g
 Ash 1.20 g
 KiloJoules 1527.00

Vitamins

Vitamin A IU 214.00 IU
 Vitamin A RAE 11.00 mcg
 Vitamin A RE 22.00 mcg
 A - Carotenoid 22.00 RE
 A - Retinol 0 RE
 A - Beta Carotene 97.00 mcg
 Thiamin-B1 0.39 mg
 Riboflavin-B2 0.20 mg
 Niacin-B3 3.63 mg
 Niacin Equiv. 4.74 mg
 Vitamin-B6 0.62 mg
 Vitamin-B12 0 mcg
 Biotin -- mcg
 Vitamin C 0 mg
 Vitamin D IU -- IU
 Vitamin D mcg -- mcg
 Vit E Alpha-Tocopherol 0.49 mg
 Vit E-Alpha Equiv. 0.49 mg
 Vitamin E IU 0.73 IU

Vitamin E mg 0.49 mg
 Folate 19.00 mcg
 Folate DFE 19.00 mcg
 Vitamin K 0.30 mcg
 Pantothenic Acid 0.42 mg

Minerals

Boron -- mcg
 Calcium 7.00 mg
 Chloride -- mg
 Chromium -- mcg
 Copper 0.31 mg
 Fluoride -- mg
 Iodine -- mcg
 Iron 2.71 mg
 Magnesium 127.00 mg
 Manganese 0.48 mg
 Molybdenum -- mcg
 Phosphorus 210.00 mg
 Potassium 287.00 mg
 Selenium 15.50 mcg
 Sodium 35.00 mg
 Zinc 2.21 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 0.57 g
 17:0-Margaric -- g
 18:0-Stearic 0.07 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 0.00 g
 17:1-Heptadecenoic 0 g
 18:1-Oleic 1.25 g
 20:1-Eicosen 0 g
 22:1-Erucic 0 g
 24:1-Nervonic 0 g

Poly Fats

18:2-Linoleic 2.10 g
 18:3-Linolenic 0.07 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 0.07 g
 Omega 6 Fatty Acids 2.10 g

Amino Acids

Alanine 0.70 g
 Arginine 0.47 g
 Aspartate 0.66 g
 Cystine 0.17 g
 Glutamate 1.77 g
 Glycine 0.39 g
 Histidine 0.29 g
 Isoleucine 0.34 g
 Leucine 1.16 g
 Lysine 0.27 g
 Methionine 0.20 g
 Phenylalanine 0.46 g
 Proline 0.82 g
 Serine 0.45 g
 Threonine 0.35 g
 Tryptophan 0.07 g
 Tyrosine 0.38 g
 Valine 0.48 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