

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 361.00  
 Calories from Fat 16.56  
 Calories from Saturated Fat 3.47  
 Protein 10.28 g  
 Carbohydrates 78.30 g  
 Dietary Fiber 7.10 g  
 Soluble Fiber -- g  
 InSoluble Fiber -- g  
 Sugar - Total 0.80 g  
 Monosaccharides -- g  
 Galactose -- g  
 Glucose -- g  
 Fructose -- g  
 Disaccharides -- g  
 Lactose -- g  
 Sucrose -- g  
 Maltose -- g  
 Other Carbs 70.40 g  
 Fat - Total 1.84 g  
 Saturated Fat 0.39 g  
 Mono Fat 0.25 g  
 Poly Fat 0.95 g  
 Trans Fatty Acids -- g  
 Cholesterol 0 mg  
 Water 8.21 g  
 Ash 1.37 g  
 KiloJoules 1510.00

## Vitamins

Vitamin A IU 19.00 IU  
 Vitamin A RAE 1.00 mcg  
 Vitamin A RE 2.00 mcg  
 A - Carotenoid 2.00 RE  
 A - Retinol 0 RE  
 A - Beta Carotene 11.00 mcg  
 Thiamin-B1 0.31 mg  
 Riboflavin-B2 0.31 mg  
 Niacin-B3 5.64 mg  
 Niacin Equiv. 7.84 mg  
 Vitamin-B6 0.66 mg  
 Vitamin-B12 0 mcg  
 Biotin -- mcg  
 Vitamin C 0.60 mg  
 Vitamin D IU -- IU  
 Vitamin D mcg -- mcg  
 Vit E Alpha-Tocopherol 0.57 mg  
 Vit E-Alpha Equiv. 0.57 mg  
 Vitamin E IU 0.85 IU

Vitamin E mg 0.57 mg  
 Folate 38.00 mcg  
 Folate DFE 38.00 mcg  
 Vitamin K 2.20 mcg  
 Pantothenic Acid 0.58 mg  
**Minerals**  
 Boron -- mcg  
 Calcium 37.00 mg  
 Chloride -- mg  
 Chromium -- mcg  
 Copper 0.27 mg  
 Fluoride -- mg  
 Iodine -- mcg  
 Iron 4.71 mg  
 Magnesium 97.00 mg  
 Manganese 1.19 mg  
 Molybdenum -- mcg  
 Phosphorus 303.00 mg  
 Potassium 224.00 mg  
 Selenium 37.70 mcg  
 Sodium 11.00 mg  
 Zinc 2.06 mg

## Saturated Fats

4:0-Butyric -- g  
 6:0-Caproic -- g  
 8:0-Caprylic -- g  
 10:0-Capric -- g  
 12:0-Lauric 0.01 g  
 14:0-Myristic 0.01 g  
 15:0-Pentadecanoic -- g  
 16:0-Palmitic 0.35 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 -- g  
 15:1-Pentadecenoic -- g  
 16:1-Palmitol 0.01 g  
 17:1-Heptadecenoic -- g  
 18:1-Oleic 0.21 g  
 20:1-Eicosen -- g  
 22:1-Erucic -- g  
 24:1-Nervonic -- g

## Poly Fats

18:2-Linoleic 0.86 g  
 18:3-Linolenic 0.10 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 0.10 g  
 Omega 6 Fatty Acids 0.86 g

## Amino Acids

Alanine 0.52 g  
 Arginine 0.84 g  
 Aspartate 0.78 g  
 Cystine 0.16 g  
 Glutamate 1.83 g  
 Glycine 0.44 g  
 Histidine 0.28 g  
 Isoleucine 0.36 g  
 Leucine 0.75 g  
 Lysine 0.54 g  
 Methionine 0.29 g  
 Phenylalanine 0.23 g  
 Proline 1.12 g  
 Serine 0.47 g  
 Threonine 0.41 g  
 Tryptophan 0.13 g  
 Tyrosine 0.34 g  
 Valine 0.50 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 37.70 mg  
 Taurine -- mg