

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 342.00  
 Calories from Fat 15.39  
 Calories from Saturated Fat 2.49  
 Protein 11.31 g  
 Carbohydrates 75.90 g  
 Dietary Fiber 12.20 g  
 Soluble Fiber -- g  
 InSoluble Fiber -- g  
 Sugar - Total 0.41 g  
 Monosaccharides -- g  
 Galactose -- g  
 Glucose -- g  
 Fructose -- g  
 Disaccharides -- g  
 Lactose -- g  
 Sucrose -- g  
 Maltose -- g  
 Other Carbs 63.29 g  
 Fat - Total 1.71 g  
 Saturated Fat 0.28 g  
 Mono Fat 0.20 g  
 Poly Fat 0.75 g  
 Trans Fatty Acids 0 g  
 Cholesterol 0 mg  
 Water 9.57 g  
 Ash 1.52 g  
 KiloJoules 1431.00

## 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 0.39 mg  
 Riboflavin-B2 0.11 mg  
 Niacin-B3 4.38 mg  
 Niacin Equiv. 6.76 mg  
 Vitamin-B6 0.37 mg  
 Vitamin-B12 0 mcg  
 Biotin -- mcg  
 Vitamin C 0 mg  
 Vitamin D IU -- IU  
 Vitamin D mcg -- mcg  
 Vit E Alpha-Tocopherol 1.01 mg  
 Vit E-Alpha Equiv. 1.01 mg  
 Vitamin E IU 1.50 IU

Vitamin E mg 1.01 mg  
 Folate 38.00 mcg  
 Folate DFE 38.00 mcg  
 Vitamin K 1.90 mcg  
 Pantothenic Acid 0.95 mg

## Minerals

Boron -- mcg  
 Calcium 32.00 mg  
 Chloride -- mg  
 Chromium -- mcg  
 Copper 0.36 mg  
 Fluoride -- mg  
 Iodine -- mcg  
 Iron 4.56 mg  
 Magnesium 93.00 mg  
 Manganese 3.82 mg  
 Molybdenum -- mcg  
 Phosphorus 355.00 mg  
 Potassium 432.00 mg  
 Selenium 79.00 mcg  
 Sodium 2.00 mg  
 Zinc 3.33 mg

## Saturated Fats

4:0-Butyric 0 g  
 6:0-Caproic 0 g  
 8:0-Caprylic 0 g  
 10:0-Capric 0 g  
 12:0-Lauric 0 g  
 14:0-Myristic 0 g  
 15:0-Pentadecanoic 0 g  
 16:0-Palmitic 0.26 g  
 17:0-Margaric 0 g  
 18:0-Stearic 0.02 g  
 20:0-Arachidic 0 g  
 22:0-Behenate 0 g  
 24:0-Lignoceric 0 g

## Mono Fats

14:1-Myristol 0 g  
 15:1-Pentadecenoic 0 g  
 16:1-Palmitol 0 g  
 17:1-Heptadecenoic 0 g  
 18:1-Oleic 0.20 g  
 20:1-Eicosen 0 g  
 22:1-Erucic 0 g  
 24:1-Nervonic 0 g

## Poly Fats

18:2-Linoleic 0.71 g  
 18:3-Linolenic 0.04 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 0.04 g  
 Omega 6 Fatty Acids 0.71 g

## Amino Acids

Alanine 0.40 g  
 Arginine 0.53 g  
 Aspartate 0.57 g  
 Cystine 0.29 g  
 Glutamate 3.59 g  
 Glycine 0.47 g  
 Histidine 0.26 g  
 Isoleucine 0.41 g  
 Leucine 0.77 g  
 Lysine 0.30 g  
 Methionine 0.18 g  
 Phenylalanine 0.53 g  
 Proline 1.16 g  
 Serine 0.53 g  
 Threonine 0.33 g  
 Tryptophan 0.14 g  
 Tyrosine 0.35 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 -- mg  
 Taurine -- mg