

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	246.00
Calories from Fat	63.27
Calories from Saturated Fat	11.95
Protein	17.30 g
Carbohydrates	66.22 g
Dietary Fiber	15.40 g
Soluble Fiber	6.50 g
InSoluble Fiber	8.90 g
Sugar - Total	1.45 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	49.37 g
Fat - Total	7.03 g
Saturated Fat	1.33 g
Mono Fat	2.38 g
Poly Fat	2.77 g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	6.55 g
Ash	2.89 g
KiloJoules	1029.00
Vitamins	
Vitamin A IU	0 IU
Vitamin A RAE	0 mcg
Vitamin A RE	0 mcg
A - Carotenoid	0 RE
A - Retinol	0 RE
A - Beta Carotene	0 mcg
Thiamin-B1	1.17 mg
Riboflavin-B2	0.22 mg
Niacin-B3	0.93 mg
Niacin Equiv.	6.36 mg
Vitamin-B6	0.17 mg
Vitamin-B12	0 mcg
Biotin	35.70 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	52.00 mcg
Folate DFE	52.00 mcg
Vitamin K	3.20 mcg
Pantothenic Acid	1.49 mg
Minerals	
Boron	-- mcg
Calcium	58.00 mg
Chloride	-- mg
Chromium	-- mcg
Copper	0.40 mg
Fluoride	-- mg
Iodine	-- mcg
Iron	5.41 mg
Magnesium	235.00 mg
Manganese	5.63 mg
Molybdenum	-- mcg
Phosphorus	734.00 mg
Potassium	566.00 mg
Selenium	45.20 mcg
Sodium	4.00 mg
Zinc	3.11 mg

Saturated Fats

4:0-Butyric	-- g
6:0-Caproic	-- g
8:0-Caprylic	-- g
10:0-Capric	-- g
12:0-Lauric	0.03 g
14:0-Myristic	0.02 g
15:0-Pentadecanoic	-- g
16:0-Palmitic	1.13 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	0.01 g
17:1-Heptadecenoic	0 g
18:1-Oleic	2.36 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g

Poly Fats

18:2-Linoleic	2.65 g
18:3-Linolenic	0.12 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	0.12 g
Omega 6 Fatty Acids	2.65 g

Amino Acids

Alanine	0.85 g
Arginine	1.24 g
Aspartate	1.53 g
Cystine	0.56 g
Glutamate	3.64 g
Glycine	0.92 g
Histidine	0.40 g
Isoleucine	0.65 g
Leucine	1.34 g
Lysine	0.74 g
Methionine	0.33 g
Phenylalanine	0.88 g
Proline	0.95 g
Serine	0.86 g
Threonine	0.49 g
Tryptophan	0.33 g
Tyrosine	0.65 g
Valine	0.94 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	58.60 mg
Taurine	-- mg