

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	342.86
Calories from Fat	25.71
Calories from Saturated Fat	0
Protein	8.57 g
Carbohydrates	77.14 g
Dietary Fiber	8.57 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	0 g
Monosaccharides	0 g
Galactose	0 g
Glucose	0 g
Fructose	0 g
Disaccharides	0 g
Lactose	0 g
Sucrose	0 g
Maltose	0 g
Other Carbs	68.57 g
Fat - Total	2.86 g
Saturated Fat	0 g
Mono Fat	-- g
Poly Fat	-- g
Trans Fatty Acids	0 g
Cholesterol	0 mg
Water	10.80 g
Ash	0.60 g
KiloJoules	1434.29
<b>Vitamins</b>	
Vitamin A IU	571.43 IU
Vitamin A RAE	28.57 mcg
Vitamin A RE	57.14 mcg
A - Carotenoid	57.14 RE
A - Retinol	0 RE
A - Beta Carotene	-- mcg
Thiamin-B1	0.34 mg
Riboflavin-B2	0.10 mg
Niacin-B3	2.29 mg
Niacin Equiv.	2.29 mg
Vitamin-B6	-- mg
Vitamin-B12	-- mcg
Biotin	-- mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Vitamin D mcg	-- mcg
Vit E Alpha-Tocopherol	-- mg
Vit E-Alpha Equiv.	-- mg
Vitamin E IU	-- IU

Vitamin E mg	-- mg
Folate	-- mcg
Folate DFE	-- mcg
Vitamin K	-- mcg
Pantothenic Acid	-- mg
<b>Minerals</b>	
Boron	-- mcg
Calcium	0 mg
Chloride	-- mg
Chromium	-- mcg
Copper	-- mg
Fluoride	-- mg
Iodine	-- mcg
Iron	3.09 mg
Magnesium	-- mg
Manganese	-- mg
Molybdenum	-- mcg
Phosphorus	-- mg
Potassium	285.71 mg
Selenium	-- mcg
Sodium	0 mg
Zinc	-- 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 g
17:0-Margaric	0 g
18:0-Stearic	0 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g

**Mono Fats**

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

**Poly Fats**

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

**Amino Acids**

Alanine	-- g
Arginine	-- g
Aspartate	-- g
Cystine	-- g
Glutamate	-- g
Glycine	-- g
Histidine	-- g
Isoleucine	-- g
Leucine	-- g
Lysine	-- g
Methionine	-- g
Phenylalanine	-- g
Proline	-- g
Serine	-- g
Threonine	-- g
Tryptophan	-- g
Tyrosine	-- g
Valine	-- g

**Other**

Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	0 mg
Aspartame	0 mg
Saccharin	0 mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
<b>Organic Acids</b>	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	-- mg
Taurine	-- mg