

Analysis Weight: 100.00 g (3.53 oz-wt.) = 20.00 Tablespoon

Source: International Source

Cost: --

This item has not been modified.

				Food Item	
Basic Components		Vitamin E mg	-- mg	18:4-Stearidon	-- g
Calories	203.00	Folate	-- mcg	20:3-Eicosatrienoic	-- g
Calories from Fat	99.00	Folate DFE	-- mcg	20:4-Arachidon	-- g
Calories from Saturated Fat	--	Vitamin K	-- mcg	20:5-EPA	-- g
Protein	22.20 g	Pantothenic Acid	-- mg	22:5-DPA	-- g
Carbohydrates	48.90 g	Minerals		22:6-DHA	-- g
Dietary Fiber	29.00 g	Boron	-- mcg	Other Fats	
Soluble Fiber	-- g	Calcium	150.00 mg	Omega 3 Fatty Acids	-- g
InSoluble Fiber	-- g	Chloride	35.00 mg	Omega 6 Fatty Acids	-- g
Sugar - Total	-- g	Chromium	-- mcg	Amino Acids	
Monosaccharides	-- g	Copper	-- mg	Alanine	-- g
Galactose	-- g	Fluoride	-- mg	Arginine	-- g
Glucose	-- g	Iodine	-- mcg	Aspartate	-- g
Fructose	-- g	Iron	-- mg	Cystine	-- g
Disaccharides	-- g	Magnesium	500.00 mg	Glutamate	-- g
Lactose	0 g	Manganese	-- mg	Glycine	-- g
Sucrose	-- g	Molybdenum	-- mcg	Histidine	-- g
Maltose	-- g	Phosphorus	800.00 mg	Isoleucine	-- g
Other Carbs	-- g	Potassium	4300.00 mg	Leucine	-- g
Fat - Total	11.00 g	Selenium	-- mcg	Lysine	-- g
Saturated Fat	-- g	Sodium	40.00 mg	Methionine	-- g
Mono Fat	-- g	Zinc	-- mg	Phenylalanine	-- g
Poly Fat	-- g	Saturated Fats		Proline	-- g
Trans Fatty Acids	-- g	4:0-Butyric	-- g	Serine	-- g
Cholesterol	-- mg	6:0-Caproic	-- g	Threonine	-- g
Water	4.50 g	8:0-Caprylic	-- g	Tryptophan	-- g
Ash	10.70 g	10:0-Capric	-- g	Tyrosine	-- g
KiloJoules	849.00	12:0-Lauric	-- g	Valine	-- g
Vitamins		14:0-Myristic	-- g	Other	
Vitamin A IU	-- IU	15:0-Pentadecanoic	-- g	Alcohol	0 g
Vitamin A RAE	-- mcg	16:0-Palmitic	-- g	Caffeine	0.40 mg
Vitamin A RE	-- mcg	17:0-Margaric	-- g	Artif Sweetener - Total	-- mg
A - Carotenoid	-- RE	18:0-Stearic	-- g	Aspartame	-- mg
A - Retinol	-- RE	20:0-Arachidic	-- g	Saccharin	-- mg
A - Beta Carotene	-- mcg	22:0-Behenate	-- g	Sugar Alcohol	-- g
Thiamin-B1	-- mg	24:0-Lignoceric	-- g	Glycerol	-- g
Riboflavin-B2	-- mg	Mono Fats		Inositol	-- g
Niacin-B3	-- mg	14:1-Myristol	-- g	Mannitol	-- g
Niacin Equiv.	-- mg	15:1-Pentadecenoic	-- g	Sorbitol	-- g
Vitamin-B6	-- mg	16:1-Palmitol	-- g	Xylitol	-- g
Vitamin-B12	-- mcg	17:1-Heptadecenoic	-- g	Organic Acids	-- mg
Biotin	-- mcg	18:1-Oleic	-- g	Acetic Acid	-- mg
Vitamin C	-- mg	20:1-Eicosen	-- g	Citric Acid	-- mg
Vitamin D IU	-- IU	22:1-Erucic	-- g	Lactic Acid	-- mg
Vitamin D mcg	-- mcg	24:1-Nervonic	-- g	Malic Acid	-- mg
Vit E Alpha-Tocopherol	-- mg	Poly Fats		Choline	-- mg
Vit E-Alpha Equiv.	-- mg	18:2-Linoleic	-- g	Taurine	-- mg
Vitamin E IU	-- IU	18:3-Linolenic	-- g		

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Exchanges**Exchanges**

Bread / Starch:	--	Fruit:	--
Other Carbs / Sugar:	--	Vegetables:	--
Very Lean Meat / Protein:	--	Milk - Skim:	--
Lean Meat:	--	Fat:	--