

Analysis Weight: 100.00 g (3.53 oz-wt.) = 0.63 Cup

Source: Manufacturer

Cost: --

This item has not been modified.

				Food Item
Basic Components				
Calories	316.00	Vitamin E mg	0.47 mg	18:4-Stearidon -- g
Calories from Fat	3.60	Folate	3.30 mcg	20:3-Eicosatrienoic -- g
Calories from Saturated Fat	0	Folate DFE	3.30 mcg	20:4-Arachidon -- g
Protein	3.30 g	Vitamin K	-- mcg	20:5-EPA -- g
Carbohydrates	79.20 g	Pantothenic Acid	0.05 mg	22:5-DPA -- g
Dietary Fiber	5.30 g	Minerals		22:6-DHA -- g
Soluble Fiber	3.14 g	Boron	-- mcg	Other Fats
InSoluble Fiber	2.16 g	Calcium	49.00 mg	Omega 3 Fatty Acids -- g
Sugar - Total	71.40 g	Chloride	-- mg	Omega 6 Fatty Acids -- g
Monosaccharides	-- g	Chromium	-- mcg	Amino Acids
Galactose	-- g	Copper	0.31 mg	Alanine -- g
Glucose	-- g	Fluoride	-- mg	Arginine -- g
Fructose	-- g	Iodine	-- mcg	Aspartate -- g
Disaccharides	-- g	Iron	2.08 mg	Cystine -- g
Lactose	0 g	Magnesium	33.00 mg	Glutamate -- g
Sucrose	-- g	Manganese	0.31 mg	Glycine -- g
Maltose	-- g	Molybdenum	-- mcg	Histidine -- g
Other Carbs	2.50 g	Phosphorus	97.00 mg	Isoleucine -- g
Fat - Total	0.40 g	Potassium	751.00 mg	Leucine -- g
Saturated Fat	0 g	Selenium	-- mcg	Lysine -- g
Mono Fat	-- g	Sodium	12.00 mg	Methionine -- g
Poly Fat	-- g	Zinc	0.27 mg	Phenylalanine -- g
Trans Fatty Acids	0 g	Saturated Fats		Proline -- g
Cholesterol	0 mg	4:0-Butyric	0 g	Serine -- g
Water	15.30 g	6:0-Caproic	0 g	Threonine -- g
Ash	1.80 g	8:0-Caprylic	0 g	Tryptophan -- g
KiloJoules	1322.00	10:0-Capric	0 g	Tyrosine -- g
Vitamins		12:0-Lauric	0 g	Valine -- g
Vitamin A IU	8.00 IU	14:0-Myristic	0 g	Other
Vitamin A RAE	0.40 mcg	15:0-Pentadecanoic	0 g	Alcohol 0 g
Vitamin A RE	0.80 mcg	16:0-Palmitic	0 g	Caffeine 0 mg
A - Carotenoid	0.80 RE	17:0-Margaric	0 g	Artif Sweetener - Total -- mg
A - Retinol	0 RE	18:0-Stearic	0 g	Aspartame -- mg
A - Beta Carotene	4.80 mcg	20:0-Arachidic	0 g	Saccharin -- mg
Thiamin-B1	0.16 mg	22:0-Beheenate	0 g	Sugar Alcohol -- g
Riboflavin-B2	0.09 mg	24:0-Lignoceric	0 g	Glycerol -- g
Niacin-B3	0.82 mg	Mono Fats		Inositol -- g
Niacin Equiv.	0.82 mg	14:1-Myristol	-- g	Mannitol -- g
Vitamin-B6	0.25 mg	15:1-Pentadecenoic	-- g	Sorbitol -- g
Vitamin-B12	0 mcg	16:1-Palmitol	-- g	Xylitol -- g
Biotin	4.00 mcg	17:1-Heptadecenoic	-- g	Organic Acids -- mg
Vitamin C	0.24 mg	18:1-Oleic	-- g	Acetic Acid -- mg
Vitamin D IU	-- IU	20:1-Eicosen	-- g	Citric Acid -- mg
Vitamin D mcg	-- mcg	22:1-Erucic	-- g	Lactic Acid -- mg
Vit E Alpha-Tocopherol	0.47 mg	24:1-Nervonic	-- g	Malic Acid -- mg
Vit E-Alpha Equiv.	0.47 mg	Poly Fats		Choline -- mg
Vitamin E IU	0.70 IU	18:2-Linoleic	-- g	Taurine -- mg
		18:3-Linolenic	-- g	