

NUTRITION ANALYSIS

Serving Size: 25.52 g (0.90 oz-wt.)

<u>Nutrient</u>	<u>Amount Per 100g</u>		<u>Amount Per Serving</u>	
<u>Basic Components</u>				
Calories	225.89		57.64	
Protein	5.01	g	1.28	g
Carbohydrates	46.30	g	11.81	g
Dietary Fiber	4.54	g	1.16	g
Soluble Fiber	1.13	g	0.29	g
InSoluble Fiber	3.41	g	0.87	g
Sugar - Total	0.40	g	0.10	g
Other Carbs	41.37	g	10.55	g
Fat - Total	2.42	g	0.62	g
Saturated Fat	0.34	g	0.09	g
Mono Fat	0.64	g	0.16	g
Poly Fat	1.10	g	0.28	g
Trans Fatty Acids	0	g	0	g
Cholesterol	0	mg	0	mg
Ash	1.01	g	0.26	g
Water	44.00	g	11.23	g
<u>Vitamins</u>				
Vitamin A IU	31.29	IU	7.98	IU
Thiamin-B1	0.15	mg	0.04	mg
Riboflavin-B2	0.05	mg	0.01	mg
Niacin-B3	1.19	mg	0.30	mg
Vitamin-B6	0.23	mg	0.06	mg
Vitamin-B12	0	mcg	0	mcg
Biotin	1.25	mcg	0.32	mcg
Vitamin C	0	mg	0	mg
Vitamin D IU	0	IU	0	IU
Vitamin E IU	0.39	IU	0.10	IU
Folate	15.64	mcg	3.99	mcg
Vitamin K	0.19	mcg	0.05	mcg
Pantothenic Acid	0.41	mg	0.11	mg
<u>Minerals</u>				
Calcium	63.60	mg	16.23	mg
Copper	0.15	mg	0.04	mg
Iron	1.49	mg	0.38	mg
Magnesium	58.71	mg	14.98	mg
Manganese	0.29	mg	0.07	mg
Molybdenum	-	mcg	-	mcg
Phosphorus	170.20	mg	43.43	mg
Potassium	197.11	mg	50.29	mg
Selenium	9.64	mcg	2.46	mcg
Sodium	68.05	mg	17.36	mg
Zinc	1.08	mg	0.28	mg