

Total Weight:

Serving Size: 100.00 g (3.53 oz-wt.)

Serves:

Cost:

Multi-Column**Basic Components**

Calories	357.39
Calories from Fat	18.96
Calories from Saturated Fat	3.73
Protein	10.18 g
Carbohydrates	74.39 g
Dietary Fiber	3.97 g
Soluble Fiber	-- g
InSoluble Fiber	-- g
Sugar - Total	1.31 g
Other Carbs	-- g
Fat - Total	2.11 g
Saturated Fat	0.41 g
Mono Fat	0.61 g
Poly Fat	1.01 g
Trans Fatty Acids	0.17 g

Cholesterol	0 mg
Water	-- g
Ash	0.79 g
Vitamins	
Vitamin A IU	7.60 IU
Thiamin-B1	0.46 mg
Riboflavin-B2	0.03 mg
Niacin-B3	2.04 mg
Vitamin-B6	-- mg
Vitamin-B12	-- mcg
Biotin	-- mcg
Vitamin C	0 mg
Vitamin D IU	-- IU
Folate	-- mcg
Vitamin K	-- mcg
Pantothenic Acid	-- mg

Minerals

Calcium	16.62 mg
Chloride	-- mg
Chromium	-- mcg
Copper	-- mg
Iodine	-- mcg
Iron	2.98 mg
Magnesium	-- mg
Manganese	-- mg
Molybdenum	-- mcg
Phosphorus	20.08 mg
Potassium	125.65 mg
Selenium	-- mcg
Sodium	13.61 mg
Zinc	-- mg