

Foodlist Summary Report  Ernies  Basic Components	November 6, 2003 Total Weight 100 g (3.53oz-wt.)	
Calories	439.46	ń
Calories from Fat	156.30	
Calories from Saturated Fat	146.11	
Protein	4.82	g
Carbohydrates	74.54	g
Dietary Fiber	6.33	g
Soluble Fiber	0.73	g
Insoluble Fiber	5.60	g
Sugar Total	66.48	g
Other Carbs	1.54	g
Fat Total	17.37	g
Saturated Fat	16.23	g
Mono Fat	0.87	g
Poly Fat	0.27	g
Trans Fatty Acids	0.16	g
Cholesterol	0.99	g
Water	1.00	g
Ash	1.38	g
Vitamins		
Vitamin A IU	5.86	g
Thiamin-B1	0.08	
Riboflavin-B2	0.34	mg
Niacin-B3	1.46	mg
Vitamin-B6	0.05	mg
Vitamin-B12	0.14	mcg
Biotin	4.66	mcg
Vitamin C	0.52	mg
Folate	6.72	mcg
Pantothenic Acid	0.36	mg
Minerals		
Calcium	77.36	mg
Chloride	0.31	mg
Copper	0.63	
Iron		mg
Magnesium	93.29	
Phosphorus	126.03	_
Potassium	405.08	
Sodium	78.30	
Zinc	0.12	mg

As with any organic material, there may be some variation in the nutritional composition. The following values are being supplied to you to aid in your development work, but should not be used solely to determine your nutrient labeling. You may need to analyze for these nutrients as they occur in your final product as required by the Code of Federal Regulations, Title 21; section 101.0. We trust that you will regard this as CONFIDENTIAL.

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