FW463 Dark Green Wafers

May 20, 2004

Total Weight: 100.00 g (3.53 oz-wt.)
Serving Size: 100.00 g (3.53 oz-wt.)
Serves: 1.00
Cost: --

Multi-Column

Basic Components	
Calories	542.18
Calories from Fat	263.27
Calories from Saturated Fat	241.56
Protein	1.30 g
Carbohydrates	68.44 g
Dietary Fiber	0 g
Soluble Fiber	0 g
InSoluble Fiber	0 g
Sugar - Total	68.42 g
Monosaccharides	-- g
Galactose	-- g
Glucose	-- g
Fructose	-- g
Disaccharides	-- g
Lactose	-- g
Sucrose	-- g
Maltose	-- g
Other Carbs	0.02 g
Fat - Total	29.25 g
Saturated Fat	26.84 g
Mono Fat	1.96 g
Poly Fat	0.45 g
Trans Fatty Acids	0.11 g
Cholesterol	4.05 mg
Water	0.33 g
Ash	0.68 g
KiloJoules	--
Vitamins	
Vitamin A IU	28.12 IU
Vitamin A RAE	-- RAE
Vitamin A RE	-- RE
A - Carotenoid	-- RE
A - Retinol	-- RE
A - Beta Carotene	-- mcg
Thiamin-B1	0.02 mg
Riboflavin-B2	0.11 mg
Niacin-B3	0.04 mg
Niacin Equiv.	0 mg
Vitamin-B6	0.00 mg
Vitamin-B12	0.12 mcg
Biotin	0 mcg
Vitamin C	0.13 mg
Vitamin D IU	0 IU
Vitamin D mcg	0 mcg
Vit E Alpha-Tocopherol	-- AToco
Vit E-Alpha Equiv.	0.03 mg
Vitamin E IU	0 IU
Vitamin E mg	-- mg
Folate	0.05 mcg
Folate DFE	-- DFE
Vitamin K	0 mcg
Pantothenic Acid	0.09 mg
Minerals	
Boron	0 mcg
Calcium	37.55 mg
Chloride	136.86 mg
Chromium	0 mcg
Copper	0.00 mg
Fluoride	0 mg
Iodine	0 mcg
Iron	0.02 mg
Magnesium	5.11 mg
Manganese	0 mg
Molybdenum	0 mcg
Phosphorus	46.43 mg
Potassium	72.70 mg
Selenium	0 mcg
Sodium	117.07 mg
Zinc	0.17 mg
Saturated Fats	
4:0-Butyric	0 g
6:0-Caproic	0 g
8:0-Caprylic	0 g
10:0-Capric	0 g
12:0-Lauric	0 g
14:0-Myristic	0 g
15:0-Pentadecanoic	0 g
16:0-Palmitic	2.57 g
17:0-Margaric	0 g
18:0-Stearic	1.76 g
20:0-Arachidic	0 g
22:0-Behenate	0 g
24:0-Lignoceric	0 g
Mono Fats	
14:1-Myristol	0 g
15:1-Pentadecenoic	0 g
16:1-Palmitol	0 g
17:1-Heptadecenoic	0 g
18:1-Oleic	1.72 g
20:1-Eicosen	0 g
22:1-Erucic	0 g
24:1-Nervonic	0 g
Poly Fats	
18:2-Linoleic	0.40 g
18:3-Linolenic	0.03 g
18:4-Stearidon	0 g
20:3-Eicosatrienoic	0 g
20:4-Arachidon	0 g
20:5-EPA	0 g
22:5-DPA	0 g
22:6-DHA	0 g
Other Fats	
Omega 3 Fatty Acids	0 g
Omega 6 Fatty Acids	0 g
Amino Acids	
Alanine	0 g
Arginine	0 g
Aspartate	0 g
Cystine	0 g
Glutamate	0 g
Glycine	0 g
Histidine	0 g
Isoleucine	0 g
Leucine	0 g
Lysine	0 g
Methionine	0 g
Phenylalanine	0 g
Proline	0 g
Serine	0 g
Threonine	0 g
Tryptophan	0 g
Tyrosine	0 g
Valine	0 g
Other	
Alcohol	0 g
Caffeine	0 mg
Artif Sweetener - Total	-- mg
Aspartame	-- mg
Saccharin	-- mg
Sugar Alcohol	-- g
Glycerol	-- g
Inositol	-- g
Mannitol	-- g
Sorbitol	-- g
Xylitol	-- g
Organic Acids	-- mg
Acetic Acid	-- mg
Citric Acid	-- mg
Lactic Acid	-- mg
Malic Acid	-- mg
Choline	-- mg
Taurine	-- mg