



	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	173.65	312.19
Calories from Fat	41.07	93.15
Calories from Saturated Fat	15.00	34.03
Protein	10.19 g	23.11 g
Carbohydrates	13.97 g	31.69 g
Dietary Fiber	1.69 g	3.83 g
Soluble Fiber	0.18 g	0.41 g
Insoluble Fiber	0.85 g	1.94 g
Sugar - Total	3.16 g	7.16 g
Other Carbohydrates	4.44 g	10.08 g
Fat - Total	4.56 g	10.35 g
Saturated Fat	1.67 g	3.78 g
Mono Fat	1.74 g	3.94 g
Poly Fat	0.24 g	0.55 g
Trans Fatty Acids	0.29 g	0.67 g
Cholesterol	24.98 mg	56.64 mg
Vitamin A	189.45 IU	429.68 IU
Thiamin - B1	0.13 mg	0.29 mg
Riboflavin - B2	0.12 mg	0.28 mg
Niacin - B3	2.75 mg	6.23 mg
Vitamin - B6	0.18 mg	0.40 mg
Vitamin - B12	0.68 mcg	1.55 mcg
Biotin	1.58 mcg	3.59 mcg
Vitamin C	3.16 mg	7.17 mg
Vitamin E Alpha-Tocopherol	0.73 mg	1.65 mg
Folate	28.88 mcg	65.51 mcg
Vitamin K	1.54 mcg	3.49 mcg
Calcium	18.52 mg	42.01 mg
Chloride	4.95 mg	11.23 mg
Copper	0.12 mg	0.26 mg
Iron	1.89 mg	4.28 mg
Magnesium	27.19 mg	61.67 mg
Phosphorus	99.14 mg	224.85 mg
Potassium	299.99 mg	680.37 mg
Sodium	218.47 mg	495.50 mg
Zinc	2.16 mg	4.91 mg