

Number of Servings: 1 (2 Wafers)
 Weight: 100 grams

Nutrient	Value	Nutrient	Value
Gram Weight (g)	100.00	Vitamin D - mcg (mcg)	0
Calories (kcal)	402.25	Vitamin E - Alpha-Toco (mg)	0
Calories from Fat (kcal)	57.24	Folate (mcg)	0
Calories from SatFat (kcal)	24.15	Folate, DFE (mcg)	0
Protein (g)	6.05	Vitamin K (mcg)	0
Carbohydrates (g)	83.83	Pantothenic Acid (mg)	0.02
Dietary Fiber (g)	3.44	Calcium (mg)	12.63
Soluble Fiber (g)	2.04	Chromium (mcg)	2.32
Insoluble Fiber (g)	1.30	Copper (mg)	0.05
Total Sugars (g)	27.06	Fluoride (mg)	0.01
Monosaccharides (g)	0	Iodine (mcg)	0
Disaccharides (g)	0	Iron (mg)	1.30
Other Carbs (g)	1.45	Magnesium (mg)	5.84
Fat (g)	6.36	Manganese (mg)	0.04
Saturated Fat (g)	2.68	Molybdenum (mcg)	0.00
Mono Fat (g)	2.04	Phosphorus (mg)	17.62
Poly Fat (g)	1.25	Potassium (mg)	111.06
Trans Fatty Acid (g)	0.21	Selenium (mcg)	0.33
Cholesterol (mg)	0.01	Sodium (mg)	428.23
Water (g)	2.10	Zinc (mg)	0.09
Vitamin A - IU (IU)	12.64	Omega 3 Fatty Acid (g)	0
Vitamin A - RE (RE)	0.66	Omega 6 Fatty Acid (g)	0
Vitamin A - RAE (RAE)	0	Alcohol (g)	0
Carotenoid RE (RE)	0.66	Caffeine (mg)	1.69
Retinol RE (RE)	0	Choline (mg)	0
Beta-Carotene (mcg)	0	Sugar Alcohol (g)	0
Vitamin B1 (mg)	0.00	Ash (g)	1.05
Vitamin B2 (mg)	0.00	Folic Acid (mcg)	0
Vitamin B3 (mg)	0.02	Net Carbs (g)	80.39
Vitamin B3 - Niacin Equiv (mg)	0.02	Vitamin E - IU (IU)	0
Vitamin B6 (mg)	0.00		
Vitamin B12 (mcg)	0.00		
Biotin (mcg)	0.00		
Vitamin C (mg)	0.00		
Vitamin D - IU (IU)	0		