

| Nutrients | Per 100g | | Nutrients | Per 100g |
|--------------------------------|-----------------|--|-----------------------------|-----------------|
| Basic Components | | | Vitamin B12 (mcg) | 0 |
| Gram Weight (g) | 100 | | Vitamin C (mg) | 0 |
| Calories (kcal) | 361 | | Vitamin D - IU (IU) | 0 |
| Calories from Fat (kcal) | 14.94 | | Vitamin D - mcg (mcg) | 0 |
| Calories from SatFat (kcal) | 2.2 | | Vitamin E - Alpha-Toco (mg) | 0.4 |
| Protein (g) | 12.7 | | Folate (mcg) | 33 |
| Carbohydrates (g) | 72.53 | | Folate, DFE (mcg) | 33 |
| Dietary Fiber (g) | 2.4 | | Vitamin K (mcg) | 0.3 |
| Total Sugars (g) | 0.31 | | Pantothenic Acid (mg) | 0.44 |
| Other Carbs (g) | 69.82 | | Minerals | |
| Fat (g) | 1.66 | | Calcium (mg) | 15 |
| Saturated Fat (g) | 0.24 | | Copper (mg) | 0.18 |
| Mono Fat (g) | 0.14 | | Iron (mg) | 0.9 |
| Poly Fat (g) | 0.73 | | Magnesium (mg) | 25 |
| Cholesterol (mg) | 0 | | Manganese (mg) | 0.79 |
| Water (g) | 14 | | Phosphorus (mg) | 97 |
| Vitamins | | | Potassium (mg) | 100 |
| Vitamin A - IU (IU) | 2 | | Selenium (mcg) | 39.7 |
| Vitamin A - RE (RE) | 0.2 | | Sodium (mg) | 2 |
| Vitamin A - RAE (RAE) | 0.1 | | Zinc (mg) | 0.85 |
| Carotenoid RE (RE) | 0.2 | | Poly Fats | |
| Retinol RE (RE) | 0 | | Omega 3 Fatty Acid (g) | 0.04 |
| Beta-Carotene (mcg) | 1 | | Omega 6 Fatty Acid (g) | 0.68 |
| Vitamin B1 (mg) | 0.08 | | Other Nutrients | |
| Vitamin B2 (mg) | 0.06 | | Alcohol (g) | 0 |
| Vitamin B3 (mg) | 1 | | Caffeine (mg) | 0 |
| Vitamin B3 - Niacin Equiv (mg) | 3.32 | | Choline (mg) | 10.4 |
| Vitamin B6 (mg) | 0.04 | | | |