

NUTRITIONAL ANALYSIS
(per 100 grams)

Calories	432 Cal
Calories from Fat	99 Cal
Total Fat	10.99 g
Saturated Fat	0.92 g
Cholesterol	0.0 mg
Phytosterols	2.8 mg
Total Carbohydrates	77.87 g
Sugars	13.21 g
Dietary Fiber	45.9 g
Protein	5.38 g
Moisture	4.60 g
Ash	1.16 g
Vitamin A	892 IU
Vitamin C	19.4 mg
Vitamin D	0 IU
Vitamin E	0 IU
Calcium	60.4 mg
Iron	6.61 mg
Copper	0.4 mg
Magnesium	49.5 mg
Niacin	0.75 mg
Phosphorus	139.4 mg
Iodine	0.0 mg
Riboflavin	0.70 mg
Sodium	3.7 mg
Potassium	444.2 mg
Thiamine	0.24 mg
Zinc	1.8 mg

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