

10095

HRBC: 1834727

Multi Column: Outside Round (Round Flat), 2 PC, Ch *

Source: Genesis

Servings Size: 100g

Multi-Column

Servings Per Container: Varied

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	4.31	4.31
Gram Weight (g)	100.00	100.00	Biotin (mcg)	--	--
Calories (kcal)	197.70	197.70	Vitamin C (mg)	0	0
Calories from Fat (kcal)	111.24	111.24	Vitamin D - IU (IU)	1.10	1.10
Calories from SatFat (kcal)	42.89	42.89	Vitamin D - mcg (mcg)	0.03	0.03
Protein (g)	19.91	19.91	Vitamin E - Alpha-Toco (mg)	0.07	0.07
Carbohydrates (g)	0	0	Folate (mcg)	5.40	5.40
Total Dietary Fiber (g)	0	0	Folate, DFE (mcg DFE)	5.40	5.40
Total Soluble Fiber (g)	0	0	Vitamin K (mcg)	0.32	0.32
Total Sugars (g)	0	0	Pantothenic Acid (mg)	0.63	0.63
Monosaccharides (g)	0	0	Minerals		
Disaccharides (g)	0	0	Calcium (mg)	6.50	6.50
Other Carbs (g)	0	0	Chromium (mcg)	--	--
Fat (g)	12.36	12.36	Copper (mg)	0.13	0.13
Saturated Fat (g)	4.77	4.77	Fluoride (mg)	--	--
Mono Fat (g)	6.04	6.04	Iodine (mcg)	--	--
Poly Fat (g)	0.45	0.45	Iron (mg)	2.17	2.17
Trans Fatty Acid (g)	0.39	0.39	Magnesium (mg)	22.39	22.39
Cholesterol (mg)	63.09	63.09	Manganese (mg)	0.02	0.02
Water (g)	66.95	66.95	Molybdenum (mcg)	--	--
Vitamins			Phosphorus (mg)	195.22	195.22
Vitamin A - IU (IU)	0	0	Potassium (mg)	314.43	314.43
Vitamin A - RE (RE)	0	0	Selenium (mcg)	30.63	30.63
Vitamin A - RAE (mcg)	0	0	Sodium (mg)	60.31	60.31
Carotenoid RE (RE)	0	0	Zinc (mg)	3.52	3.52
Retinol RE (RE)	0	0	Poly Fats		
Beta-Carotene (mcg)	0	0	Omega 3 Fatty Acid (g)	0.02	0.02
Vitamin B1 (mg)	0.06	0.06	Omega 6 Fatty Acid (g)	0.42	0.42
Vitamin B2 (mg)	0.17	0.17	Other Nutrients		
Vitamin B3 (mg)	5.95	5.95	Alcohol (g)	0	0
Vitamin B3 - Niacin Equiv (mg)	8.20	8.20	Caffeine (mg)	0	0
Vitamin B6 (mg)	0.66	0.66	Choline (mg)	75.15	75.15

