



General			
Energy	761.1	kcal	44%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	889.0	g	33%

Carbohydrates			
Carbs	190.3	g	55%
Fiber	41.6	g	166%
Starch	25.1	g	No Target
Sugars	109.2	g	No Target

Lipids			
Fat	3.8	g	20%
Monounsaturated	0.4	g	No Target
Polyunsaturated	1.6	g	No Target
Omega-3	0.6	g	56%
Omega-6	1.0	g	8%
Saturated	0.6	g	n/a
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	n/a

Protein			
Protein	10.3	g	24%
Cystine	0.1	g	27%
Histidine	0.4	g	57%
Isoleucine	0.2	g	15%
Leucine	0.4	g	18%
Lysine	0.3	g	17%
Methionine	0.0	g	6%
Phenylalanine	0.3	g	36%
Threonine	0.2	g	22%
Tryptophan	0.1	g	31%
Tyrosine	0.1	g	19%
Valine	0.3	g	17%

Vitamins			
B1 (Thiamine)	0.3	mg	29%
B12 (Cobalamin)	0.0	µg	0%
B2 (Riboflavin)	0.5	mg	42%
B3 (Niacin)	5.5	mg	40%
B5 (Pantothenic Acid)	2.5	mg	50%
B6 (Pyridoxine)	1.8	mg	139%
Folate	233.1	µg	58%
Vitamin A	370.6	IU	16%
Vitamin C	385.6	mg	514%
Vitamin D	0.0	IU	0%
Vitamin E	3.2	mg	21%
Vitamin K	24.7	µg	27%

Minerals			
Calcium	207.9	mg	21%
Copper	0.7	mg	77%
Iron	6.0	mg	34%
Magnesium	236.2	mg	76%
Manganese	4.0	mg	224%
Phosphorus	267.3	mg	38%
Potassium	2879.1	mg	61%
Selenium	6.4	µg	12%
Sodium	10.6	mg	1%
Zinc	1.9	mg	24%