

	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	185.65	210.53
Calories from Fat	66.90	75.87
Calories from Saturated Fat	22.33	25.32
Protein	16.32 g	18.51 g
Carbohydrates	12.80 g	14.52 g
Dietary Fiber	0.56 g	0.63 g
Sugar - Total	10.37 g	11.76 g
Fat - Total	7.43 g	8.43 g
Saturated Fat	2.48 g	2.81 g
Trans Fatty Acids	0.00 g	0.00 g
Cholesterol	54.55 mg	61.86 mg
Vitamin A	492.12 IU	558.06 IU
Thiamin - B1	0.36 mg	0.41 mg
Riboflavin - B2	0.23 mg	0.26 mg
Niacin - B3	2.69 mg	3.05 mg
Vitamin C	10.47 mg	11.88 mg
Vitamin E Alpha-Tocopherol	0.10 mg	0.11 mg
Calcium	20.40 mg	23.14 mg
Iron	1.12 mg	1.27 mg
Magnesium	16.87 mg	19.13 mg
Phosphorus	241.43 mg	273.79 mg
Potassium	285.38 mg	323.63 mg
Sodium	537.08 mg	609.05 mg
Zinc	2.40 mg	2.72 mg