



	<u>Amount Per 100g</u>	<u>Amount Per Serving</u>
Calories	241.58	328.74
Calories from Fat	103.99	141.50
Calories from Saturated Fat	52.57	71.54
Protein	12.87 g	17.51 g
Carbohydrates	22.50 g	30.62 g
Dietary Fiber	2.95 g	4.01 g
Sugar - Total	2.87 g	3.90 g
Fat - Total	11.55 g	15.72 g
Saturated Fat	5.84 g	7.95 g
Trans Fatty Acids	0.10 g	0.14 g
Cholesterol	23.26 mg	31.66 mg
Vitamin A	451.08 IU	613.82 IU
Thiamin - B1	0.08 mg	0.11 mg
Riboflavin - B2	0.15 mg	0.20 mg
Niacin - B3	0.62 mg	0.84 mg
Vitamin C	2.47 mg	3.36 mg
Vitamin E Alpha-Tocopherol	0.09 mg	0.12 mg
Calcium	293.70 mg	399.66 mg
Iron	0.97 mg	1.33 mg
Magnesium	7.79 mg	10.60 mg
Phosphorus	166.85 mg	227.04 mg
Potassium	45.60 mg	62.06 mg
Sodium	359.10 mg	488.66 mg
Zinc	0.85 mg	1.16 mg