

**NUTRITION INFORMATION**  
**Amounts per 1 cup (58g)**

Calorie Information		
Amounts Per Selected Serving		%DV
Calories	12 (523 kJ)	6%
From Carbohydrate	88.2 (369 kJ)	
From Fat	20.6 (86.2 kJ)	
From Protein	16.4 (68.7 kJ)	
From Alcohol	0.0 (0.0 kJ)	

Protein		
Amounts Per Selected Serving		%DV
Protein	9.0 g	18%

Carbohydrates		
Amounts Per Selected Serving		%DV
Total Carbohydrate	37.4 g	12%
Dietary Fiber	24.8 g	99%
Starch	~	
Sugars	0.2 g	

Vitamins		
Amounts Per Selected Serving		%DV
Vitamin A	5.2 IU	0%
Vitamin E (Alpha Tocopherol)	0.9 mg	4%
Vitamin K	1.1 mcg	1%
Thiamin	0.3 mg	20%
Riboflavin	0.3 mg	20%
Niacin	7.9 mg	39%
Vitamin B6	0.8 mg	38%
Folate	45.8 mcg	11%
Dietary Folate Equivalents	45.8 mcg	
Pantothenic Acid	1.3 mg	13%
Choline	43.1 mg	

Fats & Fatty Acids		
Amounts Per Selected Serving		%DV
Total Fat	2.5 g	4%
Saturated Fat	0.4 g	
Monounsaturated Fat	0.4 g	
Polyunsaturated Fat	1.3 g	
Total Omega-3 fatty acids	96.9 mg	
Total Omega-6 fatty acids	1183 mg	

Minerals		
Amounts Per Selected Serving		%DV
Calcium	42.3 mg	4%
Iron	6.1 mg	34%
Magnesium	354 mg	89%
Phosphorus	588 mg	59%
Potassium	686 mg	20%
Sodium	1.2 mg	0%
Zinc	4.2 mg	28%
Copper	0.6 mg	29%
Manganese	6.7 mg	333%
Selenium	45.0 mcg	64%

Sterols		
Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	
Campesterol	~	
Stigmasterol	~	
Beta-sitosterol	~	

Other		
Amounts Per Selected Serving		%DV
Alcohol	0.0 g	
Water	5.7 g	
Ash	3.4 g	
Caffeine	0.0 mg	
Theobromine	0.0 mg	

