

Nutrition Facts

1 serving per container

Serving size (50g)

Amount per serving

Calories **176**

% Daily Value*

Total Fat 0.6g	1%
Saturated Fat 0.1g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	8%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	15%
Manganese 2.8mg	123%
Molybdenum 25mcg	56%
Thiamin 0.59mg	49%
Selenium 18mcg	34%
Copper 0.26mg	29%
Zinc 3.1mg	28%
Biotin 6mcg	20%
Niacin 3.0mg	19%
Vitamin B6 0.23mg	14%
Magnesium 51mg	12%
Iron 2.2mg	12%
Phosphorus 149mg	12%
Riboflavin 0.07mg	6%
Pantothenic Acid 0.12mg	2%
Vitamin E 0.11mg	1%
Vitamin A 0.0mcg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition guidance.