



Product Nutritional Information

Example Data - 100g report

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	242.4	100
Calories (kcal)	55.75	23
Fat (g)	3.3	1.36
Saturated Fat (g)	0.66	0.27
Trans Fatty Acid (g)	0	0
Cholesterol (mg)	0	0
Carbohydrates (g)	4.58	1.89
Total Dietary Fiber (g)	1.21	0.5
Total Sugars (g)	2.42	1
Added Sugar (g)	2.42	1
Protein (g)	2.01	0.83
Water (g)	231.86	95.65
Ash (g)	0.65	0.27
Vitamin D - mcg (mcg)	0	0
Sodium (mg)	17.94	7.4
Calcium (mg)	11.15	4.6
Iron (mg)	0	0
Potassium (mg)	290.88	120

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