|  |
| --- |
|  **NUTRITIONAL INFORMATION** |
| **NUTRIENTS** |
| (per 100g) |
| Protein - g | 12.83 |
| Moisture - g | 65.19 |
| Fat - (Total Lipid) - g | 14.5 |
| Ash - g | 1.47 |
| Carbohydrate - g | 5.12 |
| Calories - cal | 201.96 |
| Cholesterol - mg | 614.64 |
| **VITAMINS** |
| (per 100g) |
| Niacin - mg | 0.07 |
| Riboflavin - mg | 0.52 |
| B12 - mcg | 1.3 |
| Pathothenic Acid | 2.24 |
| Vitamin A - IU | 798.00 |
| Thiamin - mg | 0.13 |
| Pyridoxine (B6) - mg | 0.28 |
| Folic Acid - mg | 0.109 |
| **MINERALS** |
| (per 100 g) |
| Calcium - mg | 88.26 |
| Iron - mg | 2.4 |
| Magnesium - mg | 9.43 |
| Phosphorus - mg | 274.00 |
| Potassium - mg | 124.00 |
| Sodium - mg | 263.00 |
| Zinc - mg | 1.99 |
| Copper - mg | <.02 |
| Manganese - mg | 0.05 |
| Selenium - mg | 0.043 |
| **LIPIDS** |
| (per 100 g) |
| Saturated, Total - g | 4.99 |
| Monounsaturated, Total - g | 6.23 |
| Polyunsaturated, Total - g | 2.63 |