

VERY MELLOW YELLOW

	Per 100g	Per serving (40g)
Energy kcal	365.75	146.30
Carbohydrates (grams)	53.25	21.30
Fiber	10.50	4.20
Starch	4.75	1.90
Sugars	17.75	7.10
Net carbs	42.75	17.10
Lipids (grams)	10.75	4.30
Monosaturated gr.	1.00	0.40
Polysaturated. gr.	3.75	1.50
Omega - 3 gr.	5.00	2.00
Omega - 6 gr.	0.75	0.30
Saturated fats	0.75	0.30
Trans fats	0.00	0.00
Cholesterol	0.00	0.00
Protein (grams)	16.00	6.40
Vitamins		
B1 (Thiamine) mg.	0.00	0.00
B2 (Riboflavin) mg.	0.00	0.00
B3 (Niacin) mg.	1.25	0.50
B5 (Pantothenic acid) mg.	0.25	0.10
B6 (Pyridoxine) mg.	0.00	0.00
B12 (Cobalamin) Ug	0.00	0.00
Folate Ug	48.25	19.30
Vitamin A IU.	290.75	116.30
Vitamin C mg.	0.75	0.30
Vitamin D IU.	0.00	0.00
Vitamin E mg.	0.00	0.00
Vitamin K. Ug.	0.00	0.00
Minerals		
Calcium mg.	70.75	28.30
Copper mg.	0.00	0.00
Iron mg.	2.75	1.10
Magnesium mg.	63.75	25.50
Manganese. mg.	0.25	0.10
Phosphorus mg.	29.25	11.70
Potassium mg.	175.25	70.10
Selenium Ug.	2.75	1.10
Sodium mg.	94.50	37.80
Zinc. mg.	0.25	0.10