

Nutritional Analysis of 31750

Nutrient	Per 100g	Per 28g serving	Nutrition Facts	% Daily Value
Calories (Kcal)	288.38	80.75	80	N/A
Protein (g)	21.30	5.96	6	N/A
Carbohydrates (g)	2.42	0.68	1	0%
Dietary Fiber (g)	0.00	0.00	0	0%
Sugars (g)	1.69	0.47	0	N/A
Total Fat (g)	21.50	6.02	6	9%
Saturated Fat (g)	13.21	3.70	3.5	18%
Trans Fat	0.77	0.21	0	
Cholesterol (mg)	79.53	22.27	20	7%
Sodium (mg)	848.15	237.48	240	10%
Vitamin A (IU)	758.09	212.26		4%
Vitamin C (mg)	0.90	0.25		0%
Calcium (mg)	761.05	213.09		22%
Iron (mg)	0.43	0.12		0%

good source of Protein

good source of Calcium
excellent source of Calcium

Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

Results, although based on limited testing, fall within the expected manufacturing ranges.

% calories from Fat 67.10
%Calories from Saturated Fat 41.24
% Calories from carbohydrates 3.36
% Calories from Protein 29.54