

Multi Column: Chocolate Bridge Mix *

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Folate, food (mcg)	7.2842	24.2806	Omega 6 Fatty Acid (g)	0.0846	0.2821
Gram Weight (g)	30.0000	100.0000	Vitamin K (mcg)	0.0001	0.0004	Amino Acids		
Calories (kcal)	149.1894	497.2980	Pantothenic Acid (mg)	0.1142	0.3805	Alanine (g)	0.0356	0.1185
Calories from Fat (kcal)	77.4261	258.0869	Retinol RE (mcg)	1.7423	5.8078	Arginine (g)	0.1035	0.3451
Calories from SatFat (kcal)	49.8193	166.0644	Alpha-Carotene (mcg)	0	0	Aspartic Acid (g)	0.1064	0.3546
Protein (g)	1.7784	5.9280	Beta-Carotene Equiv (mcg)	0.0069	0.0229	Cystine (g)	0.0108	0.0360
Carbohydrates (g)	18.3850	61.2832	Beta-Carotene (mcg)	0.0069	0.0229	Glutamic Acid (g)	0.1931	0.6437
Dietary Fiber (2016) (g)	1.0254	3.4180	Vitamin B1 (mg)	0.0318	0.1061	Glycine (g)	0.0534	0.1779
Total Dietary Fiber (g)	1.0468	3.4895	Vitamin B2 (mg)	0.0480	0.1599	Histidine (g)	0.0220	0.0733
Total Soluble Fiber (g)	0.0318	0.1059	Vitamin B3 (mg)	0.4727	1.5757	Isoleucine (g)	0.0306	0.1020
Total Insoluble Fiber (g)	0.0755	0.2517	Vitamin B3 - Niacin Equiv (mg)	0.0475	0.1582	Leucine (g)	0.0570	0.1900
Total Sugars (g)	15.9298	53.0995	Vitamin B6 (mg)	0.0230	0.0766	Lysine (g)	0.0300	0.0999
Added Sugar (g)	13.1327	43.7757	Vitamin B12 (mcg)	0.0031	0.0103	Methionine (g)	0.0100	0.0334
Monosaccharides (g)	0.1201	0.4004	Biotin (mcg)	0.6456	2.1520	Phenylalanine (g)	0.0453	0.1509
Disaccharides (g)	0.3322	1.1073	Vitamin C (mg)	0.1000	0.3332	Proline (g)	0.0386	0.1286
Kilojoules (kj)	624.2085	2080.6948	Vitamin D - IU (IU)	0.0905	0.3017	Serine (g)	0.0420	0.1400
Fructose (g)	0.8633	2.8776	Vitamin D - mcg (mcg)	0.0024	0.0079	Threonine (g)	0.0290	0.0965
Galactose (g)	0.0005	0.0016	Vitamin E - Alpha-Toco (mg)	0.4135	1.3784	Tryptophan (g)	0.0085	0.0282
Glucose (g)	0.9253	3.0845	Vitamin E - Alpha-Toco Equiv (mg)	0.1760	0.5866	Tyrosine (g)	0.0327	0.1090
Lactose (g)	0.1296	0.4319	Vitamin E - IU (IU)	0.2622	0.8741	Valine (g)	0.0363	0.1208
Maltose (g)	0.0870	0.2901	Vitamin E - mg (mg)	0.1795	0.5983	Other Nutrients		
Sucrose (g)	0.2452	0.8172	Minerals			Sugar Alcohol (g)	0	0

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Multi-Column cont.

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Other Carbs (g)	0.4062	1.3540	Boron (mcg)	--	--	Glycerol (g)	--	--
Net Carbs (g)	17.3381	57.7937	Calcium (mg)	22.2621	74.2070	Inositol (g)	--	--
Fat (g)	8.6152	28.7173	Chloride (mg)	0.1236	0.4120	Mannitol (g)	--	--
Saturated Fat (g)	5.5373	18.4577	Chromium (mcg)	--	--	Sorbitol (g)	--	--
Mono Fat (g)	1.9723	6.5742	Copper (mg)	0.1303	0.4345	Xylitol (g)	--	--
Poly Fat (g)	0.8151	2.7169	Fluoride (mg)	--	--	Organic Acids (g)	--	--
Trans Fatty Acid (g)	0.0626	0.2086	Iodine (mcg)	0.0137	0.0458	Acetic Acid (g)	--	--
Cholesterol (mg)	0.5618	1.8728	Iron (mg)	0.8394	2.7981	Citric Acid (g)	--	--
Water (g)	0.7412	2.4708	Magnesium (mg)	21.0237	70.0791	Lactic Acid (g)	--	--
Ash (g)	0.4575	1.5249	Manganese (mg)	0.0786	0.2621	Malic Acid (g)	--	--
Starch (g)	0.0785	0.2615	Molybdenum (mcg)	0.2026	0.6752	Choline (mg)	1.8499	6.1662
Vitamins			Phosphorus (mg)	41.1920	137.3066	Taurine (g)	--	--
Vitamin A - IU (IU)	5.9072	19.6908	Potassium (mg)	105.4471	351.4904	Lycopene (mcg)	0	0
Vitamin A - RAE (mcg)	1.7561	5.8538	Selenium (mcg)	0.2502	0.8341	Alcohol (g)	0	0
Vitamin A - RE (mcg)	1.7437	5.8124	Sodium (mg)	16.0363	53.4544	Caffeine (mg)	5.0747	16.9156
Carotenoid RE (mcg)	0.0014	0.0046	Salt (g)	0.0000	0.0001	Artificial Sweetener (mg)	--	--
Folate (mcg)	7.6796	25.5988	Zinc (mg)	0.2576	0.8587	Aspartame (mg)	--	--
Folic Acid (mcg)	0	0	Poly Fats			Saccharin (mg)	--	--
Folate, DFE (mcg DFE)	7.2842	24.2806	Omega 3 Fatty Acid (g)	0.0000	0.0001			