



Analysis Name	Results	Units
Calories	88	Cal/100g
Carbohydrates	20.71	% by wt.
Total Sugars	12.52	% by wt.
Fructose	3.26	% by wt.
Glucose	9.26	% by wt.
Lactose	< 0.25	% by wt.
Maltose	< 0.25	% by wt.
Sucrose	< 0.25	% by wt.
Added Sugar	0	% by wt.
Total Fat	0.14	% by wt.
Trans Fat	< 0.01	% by wt.
Saturated Fat	0.07	% by wt.
Monounsaturated Fat	0.01	% by wt.
cis-cis Polyunsaturated Fat	0.06	% by wt.
Cholesterol	< 1	% by wt.
Total Dietary Fiber	4.5	% by wt.
Protein	0.93	% by wt.
Vitamin A (Beta Carotene)	810	IU/100g
Vitamin C	1.61	mg/100g
Calcium	29.85	mg/100g
Iron	0.81	mg/100g

Analysis Name	Results	Units
Sodium	1.70	mg/100g
Ash	0.60	% by wt.
Magnesium	18.2	mg/100g
Phosphorus	30	mg/100g
Copper	0.056	mg/100g
Manganese	0.27	mg/100g
Polyphenols	592	mg/100g
Potassium	258	mg/100g
Vitamin B1, Thiamin	0.100	mg/100g
Vitamin B2, Riboflavin	0.200	mg/100g
Vitamin B3, Niacin	0.461	mg/100g
Vitamin B5, Pantothenic Acid	0.175	mg/100g
Vitamin B6	0.037	IU/100g
Vitamin B9, Folic Acid	<5.00	ug/100g
Vitamin B12	0.25	ug/100g
Vitamin D	<400	IU/100g
Vitamin E	3.29	IU/100g
Vitamin K	20.3	ug/100g
Zinc	0.16	IU/100g

*Data obtained from multiple sources including testing and literature. Data is not lot specific and should not be considered a specification.*