



NIELSEN·MASSEY®

FINE VANILLAS & FLAVORS

NUTRITIONAL INFORMATION

ANALYSIS

RESULTS PER 100 g

Calories	325.9
Kcal	326
Calories from Total Fat	86.58
Total Fat	9.62 g
Saturated Fat	1.54 g
Polyunsaturated Fat	6.77 g
Monounsaturated Fat	1.21 g
Trans Fatty Acids	0 g
Cholesterol	<1.0 mg
Sodium	231.3 mg
Total Carbohydrate	55.69 g
Dietary Fiber	31.83 g
Sugars (total)	13.97 g
Sugar (Added)	0.00 g
Protein	4.14 g
Folate (Vitamin B)	< 5.0 mcg
Vitamin A	16 IU
Vitamin C	71 mg
Vitamin D	< 0.55 mcg
Calcium	543 mg
Iron	49 mg
Potassium	1630 mcg

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