



| | UNIT | Value per 46.5 g or 1/4 c (standard serving size) | Value per 100 grams |
|---------------|-------------|---|---------------------|
| WATER | g/100 g | 4.89 | 10.52 |
| PROTEIN | g/100 g | 6.89 | 14.79 |
| CARBOHYDRATES | g/100 g | 27.72 | 59.56 |
| ASHES | g/100 g | 0.75 | 1.62 |
| FIBER | g/100 g | 5.36 | 11.52 |
| CALORIES | kcal/100g | 150.84 | 324 |
| ENERGY | kJoule/100g | 648.5 | 1,393 |
| FAT | g/100 g | 0.923 | 1.99 |
| STARCH | g/100 g | 26.48 | 56.90 |

SUGAR COMPOSITION

| | | | |
|-------------|---------|-------|--------|
| Glucose | g/100 g | 0.12 | 0.25 |
| Galactose | g/100 g | 0.003 | < 0.01 |
| Fructose | g/100 g | 0.05 | 0.11 |
| Lactose | g/100 g | 0.31 | 0.67 |
| Sucrose | g/100 g | 0.23 | 0.49 |
| Maltose | g/100 g | 0.29 | 0.62 |
| Maltotriose | g/100 g | 0.02 | 0.05 |

AMINO ACID COMPOSITION

| | | | |
|---------------|---------|------|------|
| TRYPTOPHAN | g/100 g | 0.04 | 0.08 |
| CYSTINE | g/100 g | 0.09 | 0.33 |
| METHIONINE | g/100 g | 0.12 | 0.26 |
| ASPARTIC ACID | g/100 g | 0.42 | 0.90 |
| THREONINE | g/100 g | 0.21 | 0.44 |
| SERINE | g/100 g | 0.4 | 0.86 |
| GLUTAMIC ACID | g/100 g | 2.26 | 4.85 |
| PROLINE | g/100 g | 0.67 | 1.44 |
| GLYCINE | g/100 g | 0.27 | 0.57 |
| ALANINE | g/100 g | 0.27 | 0.57 |
| VALINE | g/100 g | 0.29 | 0.62 |
| ISOLEUCINE | g/100 g | 0.29 | 0.61 |
| LEUCINE | g/100 g | 0.53 | 1.14 |
| TYROSINE | g/100 g | 0.19 | 0.41 |
| PHENYLALANINE | g/100 g | 0.46 | 0.98 |
| LYSINE | g/100 g | 0.24 | 0.54 |



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|-----------|---------|------|------|
| HISTIDINE | g/100 g | 0.26 | 0.56 |
| ARGININE | g/100 g | 0.35 | 0.74 |

FATTY ACID COMPOSITION

| | | | |
|-----------------------------|---|--------|--------|
| MYRISTIC ACID (C 14:0) | % | 0.07 | 0.15 |
| MYRISTOLEIC ACID (C 14:1) | % | < 0.01 | < 0.01 |
| PENTADECANOIC ACID (C 15:0) | % | < 0.01 | < 0.01 |
| PENTADECENOIC ACID (C 15:1) | % | < 0.01 | < 0.01 |
| PALMITIC ACID (C 16:0) | % | 9.37 | 20.12 |
| PALMITOLEIC ACID (C 16:1) | % | 0.215 | 0.46 |
| HEPTADECANOIC ACID (C 17:0) | % | 0.09 | 0.20 |
| HEPTADECENOIC ACID (C 17:1) | % | 0.04 | 0.09 |
| STEARIC ACID (C 18:0) | % | 0.49 | 1.05 |
| OLEIC ACID (C 18:1) | % | 8.23 | 17.68 |
| LINOLEIC ACID (C 18:2) | % | 25.83 | 55.47 |
| LINOLENIC ACID (C 18:3) | % | 1.82 | 3.90 |
| ARACHIC ACID (C 20:0) | % | 0.16 | 0.34 |
| EICOSENOIC ACID (C 20:1) | % | 0.43 | 0.93 |
| BEHENIC ACID (C 22:0) | % | 0.107 | 0.23 |
| ERUCIC ACID (C 22:1) | % | <0.01 | < 0.01 |
| LIGNOCERIC ACID (C 24:0) | % | 0.10 | 0.22 |
| SATURATED FATTY ACID | % | 10.22 | 21.97 |
| MONOUNSATURATED FATTY ACID | % | 8.67 | 18.63 |
| POLYUNSATURATED FATTY ACID | % | 27.65 | 59.39 |

PHOSPHOLIPIDS

| | | | |
|--------------------------|-------------|-------|------|
| Phosphatidylinositol | mg/kg (ppm) | 5 | < 10 |
| Phosphatidylserine | mg/kg (ppm) | 30.26 | 65 |
| Phosphatidylethanolamine | mg/kg (ppm) | 94.5 | 203 |
| Phosphatidylcholine | mg/kg (ppm) | 304 | 653 |

VITAMINS

| | | | |
|-------------------------|-------------|------|-------|
| FOLIC ACID (Vitamin B9) | mg/kg (ppm) | 0.17 | 0.36 |
| VITAMIN A | mg/kg (ppm) | 0.37 | 0.80 |
| VITAMIN B1 (Thiamin) | mg/kg (ppm) | 1.79 | 3.84 |
| VITAMIN B2 (Riboflavin) | mg/kg (ppm) | 0.4 | 0.85 |
| VITAMIN B6 (Pyroxidine) | mg/kg (ppm) | 0.5 | 1.08 |
| VITAMIN C | mg/kg (ppm) | 0.47 | < 1 |
| VITAMIN E | mg/kg (ppm) | 4.13 | 8.86 |
| VITAMIN H (Biotin) | mg/kg (ppm) | 0.03 | 0.06 |
| VITAMIN K3 | mg/kg (ppm) | <0.1 | < 0.1 |





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|---------------------|-------------|------|----|
| AMIN PP (Niacin B3) | mg/kg (ppm) | 3.26 | 67 |
|---------------------|-------------|------|----|

CAROTENOID

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|--|-------------|-------|-------|
| Capsorubin | mg/kg (ppm) | < 0.1 | < 0.1 |
| Astaxanthin | mg/kg (ppm) | < 0.1 | < 0.1 |
| Capsanthin | mg/kg (ppm) | < 0.1 | < 0.1 |
| Lutein | mg/kg (ppm) | 1.14 | 2.44 |
| Zeaxanthin | mg/kg (ppm) | 0.14 | 0.30 |
| Cantaxanthin | mg/kg (ppm) | < 0.1 | < 0.1 |
| Beta-Apo-8'-Carotenal (e160e) | mg/kg (ppm) | < 0.1 | < 0.1 |
| Citranaxanthin | mg/kg (ppm) | < 0.1 | < 0.1 |
| Beta-apo-8'-carotenic acid – ethyl ester (e 160 f) | mg/kg (ppm) | < 0.1 | < 0.1 |
| Beta-Cryptoxanthin | mg/kg (ppm) | < 0.1 | < 0.1 |
| 13-cis-beta-Carotene | mg/kg (ppm) | < 0.1 | < 0.1 |
| All-trans-alpha-Carotene | mg/kg (ppm) | < 0.1 | < 0.1 |
| All-trans-beta-Carotene | mg/kg (ppm) | < 0.1 | < 0.1 |
| 9-cis-beta-Carotene | mg/kg (ppm) | < 0.1 | < 0.1 |
| Lycopene | mg/kg (ppm) | < 0.1 | < 0.1 |

| | | | |
|--------------|-------------|---------|-------|
| SILICON | mg/kg (ppm) | 474.38 | 1019 |
| IODINE TOTAL | mg/kg (ppm) | 0.37 | 0.08 |
| ZINC | mg/kg (ppm) | 14.93 | 32.06 |
| BORON | mg/kg (ppm) | 0.83 | 1.79 |
| CALCIUM | mg/kg (ppm) | 101.49 | 218 |
| COBALT | mg/kg (ppm) | 0.01 | 0.02 |
| IRON | mg/kg (ppm) | 18.02 | 38.7 |
| PHOSPHORUS | mg/kg (ppm) | 1431.57 | 3,075 |
| MAGNESIUM | mg/kg (ppm) | 664.8 | 1,428 |
| MANGANESE | mg/kg (ppm) | 15.58 | 33.46 |
| MOLYBDENUM | mg/kg (ppm) | 0.27 | 0.57 |
| NICKEL | mg/kg (ppm) | 0.16 | 0.35 |
| POTASSIUM | mg/kg (ppm) | 1991.62 | 4,278 |
| SELENIUM | mg/kg (ppm) | 0.91 | 1.95 |
| SODIUM | mg/kg (ppm) | 24.12 | 51.78 |
| COPPER | mg/kg (ppm) | 2.28 | 4.90 |

