

MY NAME IS RED, JUST RED

	Per 100g	Per serving (40g)
Energy kcal	323.75	129.50
Carbohydrates (grams)	43.50	17.40
Fiber	17.25	6.90
Starch	7.25	2.90
Sugars	15.00	6.00
Net carbs	27.25	10.90
Lipids (grams)	10.25	4.10
Monosaturated gr.	0.50	0.20
Polysaturated. gr.	6.75	2.70
Omega - 3 gr.	2.75	1.10
Omega - 6 gr.	0.25	0.10
Saturated fats	1.25	0.50
Trans fats	0.00	0.00
Cholesterol	0.00	0.00
Protein (grams)	17.00	6.80
Vitamins		
B1 (Thiamine) mg.	0.00	0.00
B2 (Riboflavin) mg.	0.00	0.00
B3 (Niacin) mg.	0.00	0.00
B5 (Pantothenic acid) mg.	0.25	0.10
B6 (Pyridoxine) mg.	0.00	0.00
B12 (Cobalamin) Ug	0.00	0.00
Folate Ug	4.00	1.60
Vitamin A IU.	28.50	11.40
Vitamin C mg.	4.50	1.80
Vitamin D IU.	0.00	0.00
Vitamin E mg.	0.00	0.00
Vitamin K. Ug.	0.25	0.10
Minerals		
Calcium mg.	148.00	59.20
Copper mg.	0.00	0.00
Iron mg.	2.75	1.10
Magnesium mg.	24.00	9.60
Manganese. mg.	0.50	0.20
Phosphorus mg.	51.25	20.50
Potassium mg.	319.75	127.90
Selenium Ug.	3.50	1.40
Sodium mg.	12.50	5.00
Zinc. mg.	0.25	0.10