

ČHEEKY ČHOCCY  
**WOWZA**

|                              | Per 100g      | Per serving (40g) |
|------------------------------|---------------|-------------------|
| <b>Energy kcal</b>           | <b>413.00</b> | <b>165.20</b>     |
| <b>Carbohydrates (grams)</b> | <b>47.50</b>  | <b>19.00</b>      |
| Fiber                        | 18.75         | 7.50              |
| Starch                       | 8.75          | 3.50              |
| Sugars                       | 12.25         | 4.90              |
| Net carbs                    | 28.75         | 11.50             |
| <b>Lipids (grams)</b>        | <b>13.75</b>  | <b>5.50</b>       |
| Monosaturated gr.            | 3.25          | 1.30              |
| Polysaturated. gr.           | 3.75          | 1.50              |
| Omega - 3 gr.                | 4.00          | 1.60              |
| Omega - 6 gr.                | 0.75          | 0.30              |
| Saturated fats               | 2.00          | 0.80              |
| Trans fats                   | 0.00          | 0.00              |
| Cholesterol                  | 0.00          | 0.00              |
| Protein (grams)              | 27.50         | 11.00             |
| <b>Vitamins</b>              |               |                   |
| B1 (Thiamine) mg.            | 0.25          | 0.10              |
| B2 (Riboflavin) mg.          | 0.00          | 0.00              |
| B3 (Niacin) mg.              | 0.25          | 0.10              |
| B5 (Pantothenic acid) mg.    | 0.25          | 0.10              |
| B6 (Pyridoxine) mg.          | 0.00          | 0.00              |
| B12 (Cobalamin) Ug           | 0.00          | 0.00              |
| Folate Ug                    | 4.75          | 1.90              |
| Vitamin A IU.                | 0.00          | 0.00              |
| Vitamin C mg.                | 1.25          | 0.50              |
| Vitamin D IU.                | 0.00          | 0.00              |
| Vitamin E mg.                | 0.00          | 0.00              |
| Vitamin K. Ug.               | 0.25          | 0.10              |
| <b>Minerals</b>              |               |                   |
| Calcium mg.                  | 179.75        | 71.90             |
| Copper mg.                   | 0.00          | 0.00              |
| Iron mg.                     | 4.50          | 1.80              |
| Magnesium mg.                | 232.25        | 92.90             |
| Manganese. mg.               | 0.50          | 0.20              |
| Phosphorus mg.               | 61.50         | 24.60             |
| Potassium mg.                | 708.50        | 283.40            |
| Selenium Ug.                 | 4.25          | 1.70              |
| Sodium mg.                   | 12.25         | 4.90              |
| Zinc. mg.                    | 1.25          | 0.50              |