

**NUTRITIONAL COMPOSITION:**

<b><u>Component</u></b>	<b><u>Amount per 100 g</u></b>
<u>Proximate</u>	
Moisture, g	32.75
Calories	244.3
Protein, g	2.55
Fat, g	0.26
Ash, g	3.15
Soluble Fiber, g	3.70
Insoluble Fiber, g	3.63
Total Carbohydrates, g	61.73
Available Carbohydrate, g	58.52
<u>Minerals</u>	
Boron, mg	2.42
Calcium, mg	45.6
Copper, mg	0.31
Iron, mg	1.10
Magnesium, mg	40.3
Phosphorus, mg	69.0
Potassium, mg	726.0
Sodium, mg	15.5
Zinc, mg	0.43
<u>Vitamins</u>	
Vitamin A (Beta Carotene), I.U.	571.0
Vitamin C, mg	2.27
Vitamin E, I.U.	2.81
<u>Sugars</u>	
Fructose, g	10.1
Glucose, g	18.5
Sucrose, g	0.62
Sorbitol, g (sugar alcohol)	18.3
<u>Acids</u>	
Quinic, g	2.59
Malic, g	0.41
<u>Other Properties</u>	
Cholesterol	-0-

g = grams  
I.U. = International Units

mg = milligrams

Issued by:   
Steve Kollars  
Director, Technical Services

Date of Issue: 06/18/2008