

Nutritional Information

Corporate: 100 Congress Street
 Quincy, MA 02169-0948
 USA No

Location: Bolingbrook IL

Issue Date : Mar-17-21 Brand : MILLET, HULLED-RP
 Prepared By : klang Product : 91525 RP 25

| NUTRIENT | UOM | PER 30 g | % DV | PER 100 g | % DV |
|---------------------------|------------|-----------------|-------------|------------------|-------------|
| Calories | kcal | 104.73 | | 349.10 | |
| Beta Glucan | g | | | | |
| Protein | g | 3.31 | | 11.02 | |
| Carbohydrates | g | 20.43 | 7% | 68.11 | 25% |
| Dietary Fiber (2016) | g | 2.55 | 9% | 8.50 | 30% |
| Soluble Fiber | g | | | | |
| Total Sugars | g | 0.48 | | 1.61 | |
| Added Sugar | g | 0.00 | 0% | 0.00 | 0% |
| Total Fat | g | 1.09 | 1% | 3.62 | 5% |
| Saturated Fat | g | 0.22 | 1% | 0.72 | 4% |
| Mono Fat | g | 0.23 | | 0.77 | |
| Poly Fat | g | 0.64 | | 2.13 | |
| Total Trans Fatty Acids | g | 0.00 | | 0.00 | |
| Cholesterol | mg | 0.00 | 0% | 0.00 | 0% |
| Ash | g | 0.98 | | 3.25 | |
| Water | g | 4.20 | | 14.00 | |
| Vitamin A - RAE | mcg | 0.00 | 0% | 0.00 | 0% |
| Vitamin B1 - Thiamin | mg | 0.13 | 11% | 0.42 | 35% |
| Vitamin B2 - Riboflavin | mg | 0.09 | 7% | 0.29 | 22% |
| Vitamin B3 - Niacin Equiv | mg | 2.01 | 13% | 6.70 | 42% |
| Vitamin B6 | mg | 0.11 | 6% | 0.38 | 22% |
| Vitamin B12 | mcg | 0.00 | 0% | 0.00 | 0% |
| Biotin | mcg | | | | |
| Vitamin C | mg | 0.00 | 0% | 0.00 | 0% |
| Vitamin D - mcg | mcg | 0.00 | 0% | 0.00 | 0% |
| Vitamin E - Alpha-Toco | mg | 0.02 | 0% | 0.05 | 0% |
| Folate, DFE mcg | DFE | 25.50 | 6% | 85.00 | 21% |
| Folic Acid | mcg | 0.00 | | 0.00 | |
| Folate, food | mcg | 25.50 | | 85.00 | |
| Vitamin K | mcg | 0.27 | 0% | 0.90 | 1% |
| Pantothenic Acid | mg | 0.25 | 1% | 0.84 | 2% |

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| | | | | | |
|--------------------|-----|-------|-----|--------|-----|
| Calcium | mg | 2.40 | 0% | 8.00 | 1% |
| Chromium | mcg | | | | |
| Copper | mg | 0.23 | 26% | 0.75 | 83% |
| Fluoride | mg | | | | |
| Iodine | mcg | 0.78 | | 2.60 | |
| Iron | mg | 0.90 | 5% | 3.01 | 17% |
| Magnesium | mg | 34.20 | 8% | 114.00 | 27% |
| Manganese | mg | 0.49 | 21% | 1.63 | 71% |
| Phosphorus | mg | 85.50 | 7% | 285.00 | 23% |
| Potassium | mg | 58.50 | 1% | 195.00 | 4% |
| Selenium | mcg | 0.81 | 1% | 2.70 | 5% |
| Sodium | mg | 1.50 | 0% | 5.00 | 0% |
| Zinc | mg | 0.50 | 5% | 1.68 | 15% |
| Molybdenum | mcg | | | | |
| Choline | mg | | | | |
| Chloride | mg | | | | |
| Omega 3 Fatty Acid | g | 0.03 | | 0.11 | |
| Omega 6 Fatty Acid | g | 0.60 | | 2.01 | |

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