

536321?

22325?

87352?

66?

AADE

Mineral

Calcium	261.9 mg/100g
Chloride	25.8 mg/100g
Magnesium	214.0 mg/100g
Phosphorus	407.4 mg/100g
Potassium	4522 mg/100g
Sodium	51.5 mg/100g

Vitamins

Vitamin A	ND(<3) IU/100g
Vitamin B1	ND(<0.1) mg/100g
Vitamin B2	ND(<0.1) mg/100g
Vitamin B3	0.11 mg/100g
Vitamin C	ND(<1) mg/100g
Vitamin E	3.19 IU/100g

Trace Elements

Copper	3.1 mg/100g
Iron	32.3 mg/100g
Zinc	5.9 mg/100g

Energy in 100g *

kcal	441
kJ	1845
kcal from fat	214
kJ from fat	895

*by calculation