

Nutrition Analysis

Raw Key Lime Pie

Serving Size: 1 servings (74g)

Servings per Container: 1

Nutrient	Amount	Nutrient	Amount
Calories	288.498 kCal	Total Folate	33.766 µg
Protein	5.552 grams	Food Folate	33.567 µg
Carbohydrate	31.617 grams	Folic Acid	0.000 µg
Total Sugar	22.867 grams	Inositol	0.000 mg
Fiber	3.676 grams	Pantothenic	0.360 mg
Sugar Alcohols	0.000 grams	Vitamin C	4.088 mg
Other Carbohydrate	3.506 grams	Vitamin D	0.000 µg
Total Fat	17.732 grams	Total Vitamin E	4.235 mg
Saturated Fat	6.303 grams	d-Alpha-Tocoph...	0.000 mg
Monounsaturated Fat	5.989 grams	dl-Alpha-Tocoph...	0.000 mg
Polyunsaturated Fat	3.932 grams	Beta-Tocopherol	0.141 mg
Omega-3 Fat	0.003 grams	Gamma-Tocoph...	0.842 mg
Omega-6 Fat	3.913 grams	Delta-Tocopherol	0.056 mg
Trans Fat	0.000 grams	Alpha-Tocotrienol	0.000 mg
Cholesterol	0.000 mg	Beta-Tocotrienol	0.000 mg
Other Fats	64.845 mg	Gamma-Tocotrie...	0.000 mg
Sodium	21.941 mg	Delta-Tocotrienol	0.000 mg
Water	13.660 grams	Vitamin K	5.375 µg
Ash	1.030 grams	Other Vitamins	0.000 mg
Alcohol	0.000 grams		
Caffeine	0.000 mg		
Theobromine	0.000 mg	Minerals:	
		Calcium	22.273 mg
Vitamins:		Chlorine	0.000 mg
Vitamin A	1.045 µg RAE	Chromium	0.000 µg
Retinol	0.000 µg RAE	Copper	0.594 mg
Carotene	1.053 µg RAE	Flouride	0.000 µg
Beta-Carotene	1.037 µg RAE	Iodine	0.000 µg
Alpha-Carotene	0.000 µg RAE	Iron	1.805 mg
Beta-Cryptoxan...	0.017 µg RAE	Magnesium	90.667 mg
Lycopene	0.000 µg RAE	Manganese	0.570 mg
Lutein+Zeaxan...	0.294 µg RAE	Molybdenum	0.000 µg
Thiamin (B1)	0.242 mg	Phosphorus	178.731 mg
Riboflavin (B2)	0.057 mg	Potassium	276.845 mg
Niacin (B3)	1.342 mg	Selenium	10.201 µg
Vitamin B6	0.248 mg	Silicon	0.000 mg
Vitamin B12	0.000 µg	Sodium	21.941 mg
Betaine	4.236 mg	Sulfur	0.000 mg
Biotin	0.000 µg	Zinc	1.538 mg
Choline	9.180 mg	Other Minerals	0.000 mg

Sugars:

Fructose	3.296	grams
Galactose	0.000	grams
Glucose	3.457	grams
Lactose	0.000	grams
Maltose	0.030	grams
Sucrose	1.253	grams
Other Sugars	0.000	grams

Sugar Alcohols:

Maltitol	0.000	grams
Mannitol	0.000	grams
Sorbitol	0.000	grams
Xylitol	0.000	grams
Lactitol	0.000	grams
Isomalt	0.000	grams
Erythritol	0.000	grams
HSH	0.000	grams

Fiber:

Soluble Fiber	0.000	grams
Insoluble Fiber	0.000	grams

Other Carbohydrate:

Glycerin	0.000	grams
Non-Net Carbs	0.000	grams
Starch	0.000	grams

Amino Acids:

Alanine	0.262	grams
Arginine	0.602	grams
Aspartic acid	0.574	grams
Cystine	0.116	grams
Glutamic acid	1.347	grams
Glycine	0.318	grams
Histidine	0.144	grams
Hydroxyproline	0.000	grams
Isoleucine	0.254	grams
Leucine	0.420	grams
Lysine	0.253	grams
Methionine	0.113	grams
Phenylalanine	0.282	grams
Proline	0.269	grams
Serine	0.292	grams
Threonine	0.215	grams
Tryptophan	0.084	grams
Tyrosine	0.155	grams
Valine	0.323	grams
Other Amino Acids	0.000	grams

Fatty Acids:

Fatty acid 4:0	0.000	grams
Fatty acid 6:0	0.020	grams
Fatty acid 8:0	0.251	grams
Fatty acid 10:0	0.203	grams
Fatty acid 12:0	1.482	grams
Fatty acid 13:0	0.000	grams
Fatty acid 14:0	0.563	grams
Fatty acid 15:0	0.000	grams
Fatty acid 16:0	1.114	grams
Fatty acid 17:0	0.009	grams
Fatty acid 18:0	0.771	grams
Fatty acid 19:0	0.000	grams
Fatty acid 20:0	0.053	grams
Fatty acid 22:0	0.063	grams
Fatty acid 24:0	0.024	grams
Fatty acid 14:1	0.000	grams
Fatty acid 15:1	0.000	grams
Fatty acid 16:1	0.023	grams
16:1 cis	0.000	grams
16:1 trans	0.000	grams
Fatty acid 17:1	0.002	grams
Fatty acid 18:1	5.838	grams
18:1 cis	0.000	grams
18:1 trans	0.000	grams
Fatty acid 20:1	0.030	grams
Fatty acid 22:1	0.003	grams
22:1 cis	0.000	grams
22:1 trans	0.000	grams
Fatty acid 24:1	0.000	grams
Fatty acid 16:2	0.000	grams
Fatty acid 18:2	3.898	grams
18:2 cis cis	0.001	grams
18:2 cis trans	0.000	grams
18:2 trans cis	0.000	grams
18:2 trans trans	0.000	grams
18:2 other	0.000	grams
Fatty acid 18:3	0.017	grams
18:3 omega 3	0.001	grams
18:3 omega 6	0.000	grams
Fatty acid 18:4	0.002	grams
Fatty acid 20:2	0.000	grams
Fatty acid 20:3	0.000	grams
20:3 omega 3	0.000	grams
20:3 omega 6	0.000	grams
Fatty acid 20:4	0.000	grams
20:4 omega 3	0.000	grams
20:4 omega 6	0.000	grams
Fatty acid 20:5	0.002	grams

Fatty acid 22:2 0.000 grams Allergen Statements

Fatty acid 22:5 0.000 grams

Fatty acid 22:6 0.000 grams

US - English:
CONTAINS: Nuts

Sterols:

Betasterol 0.000 mg

Campesterol 0.000 mg

Cholesterol 0.000 mg

Phytosterol 64.845 mg

Stigmasterol 0.000 mg

Canada - English:
CONTAINS: Nuts

Canada - French:
CONTIENT: Noix

Net Carbohydrates by Difference

Total Carbohydrates 31.617 grams

Total Fiber 3.676 grams

Sugar Alcohols 0.000 grams

Glycerin 0.000 grams

Other Non-net Carbs 0.000 grams

Net Carbohydrates 27.941 grams

Net Carbohydrates by Calories

Net Carbohydrates	27.941 grams	111.8	calories
Total Fiber	3.676 grams	0.0	calories
Sugar Alcohols	0.000 grams	0.0	calories
Glycerin	0.000 grams	0.0	calories
Other Non-net Carbs	0.000 grams	0.0	calories
Equivalent Carb Grams	27.941	grams	111.8
	calories		

Eligible U.S. Content Claims

Calories: none

Fat: none

Saturated Fat: none

Cholesterol: possible "Cholesterol Free" (see regulations)

Sugar: none

Sodium: "Very Low Sodium"