

Nutrition Analysis

Raw Velvet Rolls

Serving Size: 1 roll (45g)

Servings per Container: 3

Nutrient	Amount	Nutrient	Amount
Calories	218.713 kCal	Total Folate	9.400 µg
Protein	4.212 grams	Food Folate	7.165 µg
Carbohydrate	25.091 grams	Folic Acid	0.000 µg
Total Sugar	15.990 grams	Inositol	0.000 mg
Fiber	8.168 grams	Pantothenic	0.206 mg
Sugar Alcohols	0.000 grams	Vitamin C	0.718 mg
Other Carbohydrate	2.028 grams	Vitamin D	0.000 µg
Total Fat	12.219 grams	Total Vitamin E	0.210 mg
Saturated Fat	3.942 grams	d-Alpha-Tocoph...	0.000 mg
Monounsaturated Fat	4.630 grams	dl-Alpha-Tocoph...	0.000 mg
Polyunsaturated Fat	2.913 grams	Beta-Tocopherol	0.003 mg
Omega-3 Fat	0.000 grams	Gamma-Tocoph...	1.518 mg
Omega-6 Fat	1.030 grams	Delta-Tocopherol	0.050 mg
Trans Fat	0.000 grams	Alpha-Tocotrienol	0.000 mg
Cholesterol	0.000 mg	Beta-Tocotrienol	0.000 mg
Other Fats	3.018 mg	Gamma-Tocotrie...	0.000 mg
Sodium	18.548 mg	Delta-Tocotrienol	0.000 mg
Water	4.893 grams	Vitamin K	6.346 µg
Ash	0.592 grams	Other Vitamins	0.000 mg
Alcohol	0.000 grams		
Caffeine	0.000 mg		
Theobromine	0.000 mg	Minerals:	
		Calcium	37.288 mg
Vitamins:		Chlorine	0.000 mg
Vitamin A	0.400 µg RAE	Chromium	0.000 µg
Retinol	0.000 µg RAE	Copper	0.454 mg
Carotene	0.361 µg RAE	Flouride	0.000 µg
Beta-Carotene	0.300 µg RAE	Iodine	0.000 µg
Alpha-Carotene	0.000 µg RAE	Iron	1.548 mg
Beta-Cryptoxan...	0.061 µg RAE	Magnesium	77.211 mg
Lycopene	0.000 µg RAE	Manganese	1.003 mg
Lutein+Zeaxan...	1.679 µg RAE	Molybdenum	0.000 µg
Thiamin (B1)	0.168 mg	Phosphorus	140.981 mg
Riboflavin (B2)	0.251 mg	Potassium	238.606 mg
Niacin (B3)	0.399 mg	Selenium	5.465 µg
Vitamin B6	0.097 mg	Silicon	0.000 mg
Vitamin B12	0.000 µg	Sodium	18.548 mg
Betaine	0.226 mg	Sulfur	0.000 mg
Biotin	0.000 µg	Zinc	1.516 mg
Choline	5.641 mg	Other Minerals	0.000 mg

Sugars:

Fructose	0.885	grams
Galactose	0.000	grams
Glucose	0.639	grams
Lactose	0.000	grams
Maltose	0.000	grams
Sucrose	11.416	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	0.123	grams
Arginine	0.286	grams
Aspartic acid	0.272	grams
Cystine	0.052	grams
Glutamic acid	0.605	grams
Glycine	0.148	grams
Histidine	0.065	grams
Hydroxyproline	0.009	grams
Isoleucine	0.116	grams
Leucine	0.194	grams
Lysine	0.127	grams
Methionine	0.051	grams
Phenylalanine	0.133	grams
Proline	0.113	grams
Serine	0.146	grams
Threonine	0.101	grams
Tryptophan	0.041	grams
Tyrosine	0.070	grams
Valine	0.153	grams
Other Amino Acids	0.000	grams

Fatty Acids:

Fatty acid 4:0	0.000	grams
Fatty acid 6:0	0.010	grams
Fatty acid 8:0	0.125	grams
Fatty acid 10:0	0.100	grams
Fatty acid 12:0	0.738	grams
Fatty acid 13:0	0.000	grams
Fatty acid 14:0	0.279	grams
Fatty acid 15:0	0.000	grams
Fatty acid 16:0	0.591	grams
Fatty acid 17:0	0.005	grams
Fatty acid 18:0	0.395	grams
Fatty acid 19:0	0.000	grams
Fatty acid 20:0	0.026	grams
Fatty acid 22:0	0.018	grams
Fatty acid 24:0	0.010	grams
Fatty acid 14:1	0.000	grams
Fatty acid 15:1	0.000	grams
Fatty acid 16:1	0.013	grams
16:1 cis	0.000	grams
16:1 trans	0.000	grams
Fatty acid 17:1	0.000	grams
Fatty acid 18:1	2.513	grams
18:1 cis	0.000	grams
18:1 trans	0.000	grams
Fatty acid 20:1	0.015	grams
Fatty acid 22:1	0.001	grams
22:1 cis	0.000	grams
22:1 trans	0.000	grams
Fatty acid 24:1	0.003	grams
Fatty acid 16:2	0.000	grams
Fatty acid 18:2	1.021	grams
18:2 cis cis	0.000	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	1.217	grams
18:3 omega 3	0.000	grams
18:3 omega 6	0.000	grams
Fatty acid 18:4	0.000	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	0.000	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 4.774 mg

Campesterol 2.387 mg

Cholesterol 0.000 mg

Phytosterol 3.018 mg

Stigmasterol 0.583 mg

Canada - English:
CONTAINS: Nuts

Canada - French:
CONTIENT: Noix

Net Carbohydrates by Difference

Total Carbohydrates 25.091 grams

Total Fiber 8.168 grams

Sugar Alcohols 0.000 grams

Glycerin 0.000 grams

Other Non-net Carbs 0.000 grams

Net Carbohydrates 16.923 grams

Net Carbohydrates by Calories

Net Carbohydrates	16.923 grams	67.7	calories
Total Fiber	8.168 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	16.923	grams	67.7
	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"