

**Full Report (All Nutrients) 45360902, LARGE FLAKE NUTRITIONAL YEAST, UPC: 039978025463**
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**Report Date: December 16, 2018 03:10 EST**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer BOB'S RED MILL NATURAL FOODS, INC.

Nutrient	Unit	Data points	Std. Error	0.25 cup 15g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	60	400
Protein	g	--	--	8.00	53.33
Total lipid (fat)	g	--	--	0.50	3.33
Carbohydrate, by difference	g	--	--	5.00	33.33
Fiber, total dietary	g	--	--	3.0	20.0
Sugars, total	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	6	40
Iron, Fe	mg	--	--	1.00	6.67
Potassium, K	mg	--	--	264	1760
Sodium, Na	mg	--	--	25	167
<b>Vitamins</b>					
Thiamin	mg	--	--	11.850	79.000
Riboflavin	mg	--	--	9.700	64.667
Niacin	mg	--	--	46.000	306.667
Vitamin B-6	mg	--	--	5.900	39.333
Vitamin B-12	µg	--	--	17.60	117.33
Vitamin D	IU	--	--	0	0
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

<b>Nutrient</b>	<b>Unit</b>	<b>Data points</b>	<b>Std. Error</b>	<b>0.25 cup 15g</b>	<b>1 Value Per100 g</b>
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**Amino Acids**

**Other**

**Ingredients**

INACTIVE NUTRITIONAL YEAST [DRIED YEAST, NIACIN (VITAMIN B3), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), FOLIC ACID, VITAMIN B12]. *Date Available:* 01/19/2018 *Date Last Updated by Company:* 01/19/2018