



Indicative Nutritional Information

Peter's Ascent-90 MC-6922

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	531.84
Protein (g)	6.42
Carbohydrates (g)	59.02
Dietary Fiber (2016) (g)	1.65
Total Sugars (g)	56.14
Added Sugar (g)	48.51
Fat (g)	32.37
Saturated Fat (g)	19.77
Trans Fatty Acid (g)	0.17
Cholesterol (mg)	22.52
Vitamin D - mcg (mcg)	0.08
Calcium (mg)	202.99
Iron (mg)	1.39
Potassium (mg)	355.94
Sodium (mg)	79.68
Ash (g)	1.49
Water (g)	0.9
Mono Fat (g)	10.77
Poly Fat (g)	1.26
Vitamin C (mg)	2.43
Vitamin A - IU (IU)	222.94
Phosphorus (mg)	195.13
Magnesium (mg)	53.5
Theobromine (g)	0.02
Caffeine (mg)	1.92
Starch (g)	0.13
Total Soluble Fiber (g)	0.05
Total Insoluble Fiber (g)	0.21
Soluble Fiber (2016) (g)	0.05
Insoluble Fiber (2016) (g)	0.21
Vitamin A - RE (mcg)	5.5
Vitamin D - IU (IU)	0
Folate (mcg)	8.11
Manganese (mg)	0.27
Zinc (mg)	1.06
Copper (mg)	0.26