

**General composition (per 100g)**

Protein	60.6 g
Carbohydrate	3.7 g
Fat	12.8 g
Dietary Fiber	13.0 g
Ash	4.5 g
Moisture	5.4 g
Calorie	372 Kcal

**Amino acids (per 100g)**

Alanine	4.38 g
Arginine	3.51 g
Aspartic acid	4.86 g
Cystine	0.71 g
Glutamic acid	6.60 g
Glycine	3.19 g
Histidine	1.16 g
Isoleucine	2.04 g
Leucine	4.52 g
Lysine	4.88 g
Methionine	1.20 g
Phenylalanine	2.48 g
Proline	2.54 g
Serine	2.19 g
Threonine	2.38 g
Tryptophan	1.01 g
Tyrosine	1.64 g
Valine	3.14 g

**Vitamins (per 100g)**

Chlorophyll	2,400 mg
Carotene	106 mg
Vitamin A potency	58,900 IU
Vitamin B1	1.29 mg
Vitamin B2	4.55 mg
Vitamin B6	1.62 mg
Vitamin C	74 mg
Vitamin E	22.8 mg
Vitamin K1	263 ug
Biotin	0.30 mg
Choline	230 mg
Folic acid	4.50 mg
Inositol	304 mg
Niacin	32.1 mg
Pantothenic acid	1.80 mg

**Mineral (per 100g)**

Calcium	5.1 mg
Copper	0.14 mg
Iodine	1.20 mg
Iron	22.4 mg
Magnesium	310 mg
Manganese	3.84 mg
Phosphorus	1,060mg
Potassium	1,120 mg
Sodium	1.8 mg
Zinc	3.37 mg

**Fatty acids (w. % in fats)**

Saturated fatty acids	21.2 %
Unsaturated fatty acids	72.1 %
Others	6.7 %