

Date: September 2025

**NORTH DAKOTA MILL
SIR LANCELOT
Nutritional Analysis**

Information on a 100g basis.

Calories	347.50	Fat:	1.00	g	
Moisture:	14.0	g	Saturated:	.23	g
Protein:	13.8	g	Unsaturated:	--	g
Ash:	.53	g	Monounsaturated:	.16	g
Carbohydrates*:	70.65	g	Polyunsaturated:	.61	g
Complex:	61.68	g	Cholesterol:	n/a	mg
Sugars:	2.10	g	Total Dietary Fiber:	6.87	g
Added Sugars:	0		Soluble:	1.64	g
Vitamin A:	--	I.U.	Insoluble:	5.23	g
Vitamin C:	--	mg	Iron:	3.20	mg
Thiamin:	.65	mg	Calcium:	20.00	mg
Niacin:	4.50	mg NE	Sodium:	13.00	mg
Riboflavin:	.50	mg	Phosphorus:	128	mg
Magnesium:	38	mg	Vitamin D:	0	
Potassium:	130.00	mg			

g = gram, mg = milligram, I.U. = international units, and NE = niacin equivalent

***Carbohydrates include Total Dietary Fiber**

Company Representative: Chad Boushee, Vice President Q.A. and Technical Services