

Nutritional value ****70g**

Energetic value	271 Kcal (1147 KJ)
Proteine	35,7g
Carbohydrates of which Sugars	24.5g 8.4g
Fats of which Saturated Fatty Acids	3.2g 2.2g
fiber	0.5g
Sodium	0.1g
Potassium	275 mg (13.8% *)
Calcium	443 mg (55.5% *)
Phosphorus	165 mg (23.5% *)

Amino acid profile per serving

alanine	1785 mg
arginine	875 mg
Aspartic acid	3570 mg
cysteine	875 mg
Glutamic acid	6230 mg
glycine	700 mg
histidine	665 mg
isoleucine	2310 mg
leucine	3675 mg
lysine	3045 mg
Methionine	665 mg
phenylalanine	1155 mg
proline	2135 mg
serine	1750 mg
threonine	2450 mg
tryptophan	910 mg
tyrosine	1085 mg
valine	2065 mg

* RDA - Recommended Daily Intake