

Basic Report 01206, Cream substitute, flavored, powdered

Report Date: January 30, 2015 08:58 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	4.0 tsp 12g
Proximates			
Water	g	1.52	0.18
Energy	kcal	482	58
Protein	g	0.68	0.08
Total lipid (fat)	g	21.47	2.58
Carbohydrate, by difference	g	75.42	9.05
Fiber, total dietary	g	1.2	0.1
Sugars, total	g	58.01	6.96
Minerals			
Calcium, Ca	mg	5	1
Iron, Fe	mg	0.63	0.08
Magnesium, Mg	mg	17	2
Phosphorus, P	mg	28	3
Potassium, K	mg	90	11
Sodium, Na	mg	123	15
Zinc, Zn	mg	0.23	0.03
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.004	0.000
Riboflavin	mg	0.027	0.003
Niacin	mg	0.084	0.010
Vitamin B-6	mg	0.004	0.000
Folate, DFE	µg	1	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.41	0.05

Nutrient	Unit	1 Value Per100 g	4.0 tsp 12g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	9.1	1.1
Lipids			
Fatty acids, total saturated	g	19.446	2.334
Fatty acids, total monounsaturated	g	0.618	0.074
Fatty acids, total polyunsaturated	g	0.229	0.027
Cholesterol	mg	0	0
Other			
Caffeine	mg	3	0