

**Full Report (All Nutrients) 11385, Potatoes, au gratin, dry mix, prepared with water, whole milk and butter**

Report Date: January 31, 2015 03:35 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.167 package (5.5 oz) yields 137g	1 package yield, 5.5 oz 822g
<b>Proximates</b>						
Water	g	78.98	--	--	108.20	649.22
Energy	kcal	93	--	--	127	764
Energy	kJ	389	--	--	533	3198
Protein	g	2.30	--	--	3.15	18.91
Total lipid (fat)	g	4.12	--	--	5.64	33.87
Ash	g	1.76	--	--	2.41	14.47
Carbohydrate, by difference	g	12.84	--	--	17.59	105.54
Fiber, total dietary	g	0.9	--	--	1.2	7.4
<b>Minerals</b>						
Calcium, Ca	mg	83	--	--	114	682
Iron, Fe	mg	0.32	--	--	0.44	2.63
Magnesium, Mg	mg	15	--	--	21	123
Phosphorus, P	mg	95	--	--	130	781
Potassium, K	mg	219	--	--	300	1800
Sodium, Na	mg	439	--	--	601	3609
Zinc, Zn	mg	0.24	--	--	0.33	1.97
Copper, Cu	mg	0.046	--	--	0.063	0.378
Manganese, Mn	mg	0.130	--	--	0.178	1.069
Selenium, Se	µg	2.7	--	--	3.7	22.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	3.1	--	--	4.2	25.5
Thiamin	mg	0.020	--	--	0.027	0.164
Riboflavin	mg	0.081	--	--	0.111	0.666
Niacin	mg	0.939	--	--	1.286	7.719

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Pantothenic acid	mg	0.239	--	--	0.327	1.965
Vitamin B-6	mg	0.040	--	--	0.055	0.329
Folate, total	µg	7	--	--	10	58
Folic acid	µg	0	--	--	0	0
Folate, food	µg	7	--	--	10	58
Folate, DFE	µg	7	--	--	10	58
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	52	--	--	71	427
Retinol	µg	49	--	--	67	403
Vitamin A, IU	IU	213	--	--	292	1751
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	2.586	--	--	3.543	21.257
4:0	g	0.131	--	--	0.179	1.077
6:0	g	0.073	--	--	0.100	0.600
8:0	g	0.040	--	--	0.055	0.329
10:0	g	0.089	--	--	0.122	0.732
12:0	g	0.091	--	--	0.125	0.748
14:0	g	0.413	--	--	0.566	3.395
16:0	g	1.149	--	--	1.574	9.445
18:0	g	0.499	--	--	0.684	4.102
Fatty acids, total monounsaturated	g	1.175	--	--	1.610	9.658
16:1 undifferentiated	g	0.107	--	--	0.147	0.880
18:1 undifferentiated	g	1.006	--	--	1.378	8.269
Fatty acids, total polyunsaturated	g	0.134	--	--	0.184	1.101
18:2 undifferentiated	g	0.083	--	--	0.114	0.682
18:3 undifferentiated	g	0.053	--	--	0.073	0.436
Cholesterol	mg	15	--	--	21	123

**Language Code(s)**

- A0172 PREPARED FOOD PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1218 POTATO
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0110 SEMILIQUID WITH SOLID PIECES
- F0014 FULLY HEAT-TREATED

- G0001 COOKING METHOD NOT KNOWN
- H0100 FLAVORING OR SPICE EXTRACT OR CONCENTRATE ADDED
- H0150 COLOR ADDED
- H0181 IRON ADDED
- H0184 MILK ADDED
- H0194 NUTRIENT OR DIETARY SUBSTANCE ADDED
- H0213 VITAMIN A OR CAROTENES ADDED
- H0216 VITAMIN B ADDED
- H0259 REHYDRATED
- H0272 MARGARINE ADDED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION