

Basic Report 03090, Babyfood, dinner, macaroni and cheese, junior

Report Date: January 28, 2015 11:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar 170g
Proximates				
Water	g	86.50	24.52	147.05
Energy	kcal	61	17	104
Protein	g	2.60	0.74	4.42
Total lipid (fat)	g	2.00	0.57	3.40
Carbohydrate, by difference	g	8.20	2.32	13.94
Fiber, total dietary	g	0.3	0.1	0.5
Sugars, total	g	1.32	0.37	2.24
Minerals				
Calcium, Ca	mg	51	14	87
Iron, Fe	mg	0.30	0.09	0.51
Magnesium, Mg	mg	7	2	12
Phosphorus, P	mg	59	17	100
Potassium, K	mg	44	12	75
Sodium, Na	mg	266	75	452
Zinc, Zn	mg	0.32	0.09	0.54
Vitamins				
Vitamin C, total ascorbic acid	mg	1.3	0.4	2.2
Thiamin	mg	0.056	0.016	0.095
Riboflavin	mg	0.064	0.018	0.109
Niacin	mg	0.545	0.155	0.927
Vitamin B-6	mg	0.016	0.005	0.027
Folate, DFE	µg	18	5	31
Vitamin B-12	µg	0.03	0.01	0.05
Vitamin A, RAE	µg	30	9	51
Vitamin A, IU	IU	106	30	180
Vitamin E (alpha-tocopherol)	mg	0.03	0.01	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	2	1	3
Vitamin K (phylloquinone)	µg	0.2	0.1	0.3
Lipids				
Fatty acids, total saturated	g	1.175	0.333	1.998
Fatty acids, total monounsaturated	g	0.534	0.151	0.908
Fatty acids, total polyunsaturated	g	0.132	0.037	0.224
Cholesterol	mg	6	2	10
Other				
Caffeine	mg	0	0	0