

Basic Report 03091, Babyfood, vegetables, green beans, strained

Report Date: January 24, 2015 22:49 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 240g	1 tbsp 15g	1 oz 28.35g	1 jar 113g	1 jar Beech-Nut Stage I (4 oz) 113g	1 jar Gerber First Foods (2.5 oz) 71g	1 jar Gerber Second Food (4 oz) 113g	1 jar Heinz Strained-2 (4 oz) 113g	1 jar Heinz Beginner-1 (2.5 oz) 71g
Proximates											
Water	g	91.85	220.44	13.78	26.04	103.79	103.79	65.21	103.79	103.79	65.21
Energy	kcal	27	65	4	8	31	31	19	31	31	19
Protein	g	1.20	2.88	0.18	0.34	1.36	1.36	0.85	1.36	1.36	0.85
Total lipid (fat)	g	0.17	0.41	0.03	0.05	0.19	0.19	0.12	0.19	0.19	0.12
Carbohydrate, by difference	g	6.29	15.10	0.94	1.78	7.11	7.11	4.47	7.11	7.11	4.47
Fiber, total dietary	g	2.2	5.3	0.3	0.6	2.5	2.5	1.6	2.5	2.5	1.6
Sugars, total	g	1.88	4.51	0.28	0.53	2.12	2.12	1.33	2.12	2.12	1.33
Minerals											
Calcium, Ca	mg	39	94	6	11	44	44	28	44	44	28
Iron, Fe	mg	0.67	1.61	0.10	0.19	0.76	0.76	0.48	0.76	0.76	0.48
Magnesium, Mg	mg	20	48	3	6	23	23	14	23	23	14
Phosphorus, P	mg	41	98	6	12	46	46	29	46	46	29
Potassium, K	mg	146	350	22	41	165	165	104	165	165	104
Sodium, Na	mg	7	17	1	2	8	8	5	8	8	5
Zinc, Zn	mg	0.22	0.53	0.03	0.06	0.25	0.25	0.16	0.25	0.25	0.16
Vitamins											
Vitamin C, total ascorbic acid	mg	0.3	0.7	0.0	0.1	0.3	0.3	0.2	0.3	0.3	0.2
Thiamin	mg	0.026	0.062	0.004	0.007	0.029	0.029	0.018	0.029	0.029	0.018
Riboflavin	mg	0.079	0.190	0.012	0.022	0.089	0.089	0.056	0.089	0.089	0.056
Niacin	mg	0.361	0.866	0.054	0.102	0.408	0.408	0.256	0.408	0.408	0.256
Vitamin B-6	mg	0.038	0.091	0.006	0.011	0.043	0.043	0.027	0.043	0.043	0.027
Folate, DFE	µg	24	58	4	7	27	27	17	27	27	17
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	18	43	3	5	20	20	13	20	20	13
Vitamin A, IU	IU	355	852	53	101	401	401	252	401	401	252

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Vitamin E (alpha-tocopherol)	mg	0.07	0.17	0.01	0.02	0.08	0.08	0.05	0.08	0.08	0.05
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	42.4	101.8	6.4	12.0	47.9	47.9	30.1	47.9	47.9	30.1
Lipids											
Fatty acids, total saturated	g	0.039	0.094	0.006	0.011	0.044	0.044	0.028	0.044	0.044	0.028
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.116	0.278	0.017	0.033	0.131	0.131	0.082	0.131	0.131	0.082
Cholesterol	mg	0	0	0	0	0	0	0	0	0	0
Other											
Caffeine	mg	0	0	0	0	0	0	0	0	0	0