

Basic Report 18114, Cake, gingerbread, dry mix

Report Date: January 28, 2015 17:15 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (14.5 oz) 411g
Proximates				
Water	g	4.40	1.25	18.08
Energy	kcal	437	124	1796
Protein	g	4.40	1.25	18.08
Total lipid (fat)	g	13.80	3.91	56.72
Carbohydrate, by difference	g	74.60	21.15	306.61
Fiber, total dietary	g	1.7	0.5	7.0
Sugars, total	g	46.62	13.22	191.61
Minerals				
Calcium, Ca	mg	94	27	386
Iron, Fe	mg	4.70	1.33	19.32
Magnesium, Mg	mg	21	6	86
Phosphorus, P	mg	226	64	929
Potassium, K	mg	341	97	1402
Sodium, Na	mg	657	186	2700
Zinc, Zn	mg	0.36	0.10	1.48
Vitamins				
Vitamin C, total ascorbic acid	mg	0.2	0.1	0.8
Thiamin	mg	0.340	0.096	1.397
Riboflavin	mg	0.240	0.068	0.986
Niacin	mg	2.550	0.723	10.480
Vitamin B-6	mg	0.041	0.012	0.169
Folate, DFE	µg	77	22	316
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	3	1	12
Vitamin E (alpha-tocopherol)	mg	0.20	0.06	0.82

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	6.4	1.8	26.3
Lipids				
Fatty acids, total saturated	g	3.460	0.981	14.221
Fatty acids, total monounsaturated	g	7.791	2.209	32.021
Fatty acids, total polyunsaturated	g	1.804	0.511	7.414
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0