

Full Report (All Nutrients) 18114, Cake, gingerbread, dry mix

Report Date: February 01, 2015 05:12 EST

Nutrient values and weights are for edible portion

Food Group : Baked Products

Carbohydrate Factor: 4 Fat Factor: 8.8 Protein Factor: 3.9 Nitrogen to Protein Conversion Factor: 5.7

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (14.5 oz) 411g
Proximates						
Water	g	4.40	1	--	1.25	18.08
Energy	kcal	437	--	--	124	1796
Energy	kJ	1828	--	--	518	7513
Protein	g	4.40	1	--	1.25	18.08
Total lipid (fat)	g	13.80	1	--	3.91	56.72
Ash	g	2.80	1	--	0.79	11.51
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	1	--	27	386
Iron, Fe	mg	4.70	1	--	1.33	19.32
Magnesium, Mg	mg	21	--	--	6	86
Phosphorus, P	mg	226	1	--	64	929
Potassium, K	mg	341	1	--	97	1402
Sodium, Na	mg	657	1	--	186	2700
Zinc, Zn	mg	0.36	--	--	0.10	1.48
Copper, Cu	mg	0.246	--	--	0.070	1.011
Manganese, Mn	mg	0.556	--	--	0.158	2.285
Selenium, Se	µg	2.1	--	--	0.6	8.6
Vitamins						
Vitamin C, total ascorbic acid	mg	0.2	--	--	0.1	0.8
Thiamin	mg	0.340	1	--	0.096	1.397

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Riboflavin	mg	0.240	1	--	0.068	0.986
Niacin	mg	2.550	1	--	0.723	10.480
Pantothenic acid	mg	0.235	--	--	0.067	0.966
Vitamin B-6	mg	0.041	--	--	0.012	0.169
Folate, total	µg	51	--	--	14	210
Folic acid	µg	37	--	--	10	152
Folate, food	µg	14	--	--	4	58
Folate, DFE	µg	77	--	--	22	316
Choline, total	mg	10.7	--	--	3.0	44.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	1	--	--	0	4
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	1	--	--	0	4
Vitamin A, IU	IU	3	--	--	1	12
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	3	--	--	1	12
Vitamin E (alpha-tocopherol)	mg	0.20	--	--	0.06	0.82
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.001	--	--	0.000	0.004
12:0	g	0.001	--	--	0.000	0.004
14:0	g	0.069	--	--	0.020	0.284
16:0	g	1.792	--	--	0.508	7.365

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18:0	g	1.632	--	--	0.463	6.708
Fatty acids, total monounsaturated	g	7.791	--	--	2.209	32.021
16:1 undifferentiated	g	0.001	--	--	0.000	0.004
18:1 undifferentiated	g	7.820	--	--	2.217	32.140
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.804	--	--	0.511	7.414
18:2 undifferentiated	g	1.675	--	--	0.475	6.884
18:3 undifferentiated	g	0.091	--	--	0.026	0.374
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.062	--	--	0.018	0.255
Threonine	g	0.138	--	--	0.039	0.567
Isoleucine	g	0.175	--	--	0.050	0.719
Leucine	g	0.309	--	--	0.088	1.270
Lysine	g	0.187	--	--	0.053	0.769
Methionine	g	0.068	--	--	0.019	0.279
Cystine	g	0.087	--	--	0.025	0.358
Phenylalanine	g	0.209	--	--	0.059	0.859
Tyrosine	g	0.134	--	--	0.038	0.551
Valine	g	0.196	--	--	0.056	0.806
Arginine	g	0.211	--	--	0.060	0.867
Histidine	g	0.096	--	--	0.027	0.395
Alanine	g	0.150	--	--	0.043	0.616
Aspartic acid	g	0.282	--	--	0.080	1.159
Glutamic acid	g	1.256	--	--	0.356	5.162
Glycine	g	0.161	--	--	0.046	0.662
Proline	g	0.415	--	--	0.118	1.706

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Serine	g	0.233	--	--	0.066	0.958
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0