

**Full Report (All Nutrients) 19705, Puddings, banana, dry mix, instant, with added oil**

Report Date: January 28, 2015 17:14 EST

Nutrient values and weights are for edible portion

Food Group : Sweets

Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor: 4.2 Nitrogen to Protein Conversion Factor: 6.4

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (3.5 oz) 99g	1 portion, amount to make 1/2 cup 25g
<b>Proximates</b>						
Water	g	2.80	6	0.054	2.77	0.70
Energy	kcal	386	--	--	382	96
Energy	kJ	1615	--	--	1599	404
Protein	g	0.00	6	0.000	0.00	0.00
Total lipid (fat)	g	4.40	--	--	4.36	1.10
Ash	g	3.80	6	0.013	3.76	0.95
Carbohydrate, by difference	g	89.00	--	--	88.11	22.25
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	6	--	--	6	2
Iron, Fe	mg	0.12	--	--	0.12	0.03
Magnesium, Mg	mg	2	--	--	2	0
Phosphorus, P	mg	804	--	--	796	201
Potassium, K	mg	15	--	--	15	4
Sodium, Na	mg	1499	--	--	1484	375
Zinc, Zn	mg	0.04	--	--	0.04	0.01
Copper, Cu	mg	0.021	--	--	0.021	0.005
Manganese, Mn	mg	0.010	--	--	0.010	0.002
Selenium, Se	µg	0.8	--	--	0.8	0.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.001	--	--	0.001	0.000
Riboflavin	mg	0.003	--	--	0.003	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (3.5 oz) 99g	1 portion, amount to make 1/2 cup 25g
Niacin	mg	0.002	--	--	0.002	0.000
Pantothenic acid	mg	0.006	--	--	0.006	0.002
Vitamin B-6	mg	0.001	--	--	0.001	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Vitamin B-12	µg	0.01	--	--	0.01	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.790	--	--	0.782	0.198
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	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.620	--	--	0.614	0.155
18:0	g	0.160	--	--	0.158	0.040
Fatty acids, total monounsaturated	g	1.300	--	--	1.287	0.325
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	1.290	--	--	1.277	0.322
20:1	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.120	--	--	2.099	0.530
18:2 undifferentiated	g	1.990	--	--	1.970	0.498
18:3 undifferentiated	g	0.120	--	--	0.119	0.030
Cholesterol	mg	0	--	--	0	0
<b>Other</b>						
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0