

Basic Report 01071, Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Report Date: March 06, 2015 19:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 80g	1 tbsp 4g	1 package yields 160g
Proximates					
Water	g	65.74	52.59	2.63	105.18
Energy	kcal	194	155	8	310
Protein	g	3.61	2.89	0.14	5.78
Total lipid (fat)	g	12.72	10.18	0.51	20.35
Carbohydrate, by difference	g	17.13	13.70	0.69	27.41
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	17.13	13.70	0.69	27.41
Minerals					
Calcium, Ca	mg	90	72	4	144
Iron, Fe	mg	0.04	0.03	0.00	0.06
Magnesium, Mg	mg	10	8	0	16
Phosphorus, P	mg	86	69	3	138
Potassium, K	mg	151	121	6	242
Sodium, Na	mg	66	53	3	106
Zinc, Zn	mg	0.27	0.22	0.01	0.43
Vitamins					
Vitamin C, total ascorbic acid	mg	0.7	0.6	0.0	1.1
Thiamin	mg	0.027	0.022	0.001	0.043
Riboflavin	mg	0.117	0.094	0.005	0.187
Niacin	mg	0.060	0.048	0.002	0.096
Vitamin B-6	mg	0.030	0.024	0.001	0.048
Folate, DFE	µg	4	3	0	6
Vitamin B-12	µg	0.26	0.21	0.01	0.42
Vitamin A, RAE	µg	34	27	1	54
Vitamin A, IU	IU	120	96	5	192
Vitamin E (alpha-tocopherol)	mg	0.45	0.36	0.02	0.72

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Vitamin D (D2 + D3)	µg	0.9	0.7	0.0	1.4
Vitamin D	IU	38	30	2	61
Vitamin K (phylloquinone)	µg	2.7	2.2	0.1	4.3
Lipids					
Fatty acids, total saturated	g	10.684	8.547	0.427	17.094
Fatty acids, total monounsaturated	g	0.843	0.674	0.034	1.349
Fatty acids, total polyunsaturated	g	0.201	0.161	0.008	0.322
Cholesterol	mg	10	8	0	16
Other					
Caffeine	mg	0	0	0	0