

Basic Report 32023, KASHI Mushroom & Asparagus Risotto, frozen, unprepared

Report Date: March 06, 2015 09:11 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 Package 284g
Proximates			
Water	g	74.60	211.86
Energy	kcal	119	338
Protein	g	4.30	12.21
Total lipid (fat)	g	3.70	10.51
Carbohydrate, by difference	g	17.00	48.28
Fiber, total dietary	g	2.6	7.4
Sugars, total	g	1.30	3.69
Minerals			
Calcium, Ca	mg	67	190
Iron, Fe	mg	0.80	2.27
Magnesium, Mg	mg	13	37
Phosphorus, P	mg	62	176
Potassium, K	mg	116	329
Sodium, Na	mg	206	585
Zinc, Zn	mg	0.30	0.85
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.100	0.284
Riboflavin	mg	0.000	0.000
Niacin	mg	0.400	1.136
Vitamin B-6	mg	0.100	0.284
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Lipids

Nutrient	Unit	1 Value Per100 g	0.5 Package 284g
Fatty acids, total saturated	g	1.900	5.396
Fatty acids, total monounsaturated	g	0.700	1.988
Fatty acids, total polyunsaturated	g	0.400	1.136
Fatty acids, total trans	g	0.100	0.284
Cholesterol	mg	9	26