

Basic Report 02047, Salt, table

Report Date: June 24, 2019 05:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 6g	1 tbsp 18g	1 cup 292g	1 dash 0.4g
Proximates						
Water	g	0.20	0.01	0.04	0.58	0.00
Energy	kcal	0	0	0	0	0
Protein	g	0.00	0.00	0.00	0.00	0.00
Total lipid (fat)	g	0.00	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00
Minerals						
Calcium, Ca	mg	24	1	4	70	0
Iron, Fe	mg	0.33	0.02	0.06	0.96	0.00
Magnesium, Mg	mg	1	0	0	3	0
Phosphorus, P	mg	0	0	0	0	0
Potassium, K	mg	8	0	1	23	0
Sodium, Na	mg	38758	2325	6976	113173	155
Zinc, Zn	mg	0.10	0.01	0.02	0.29	0.00
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000	0.000	0.000
Folate, DFE	µg	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0