

## Basic Report 02050, Vanilla extract

Report Date: June 19, 2019 21:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 4.2g	1 tbsp 13g	1 cup 208g
<b>Proximates</b>					
Water	g	52.58	2.21	6.84	109.37
Energy	kcal	288	12	37	599
Protein	g	0.06	0.00	0.01	0.12
Total lipid (fat)	g	0.06	0.00	0.01	0.12
Carbohydrate, by difference	g	12.65	0.53	1.64	26.31
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	12.65	0.53	1.64	26.31
<b>Minerals</b>					
Calcium, Ca	mg	11	0	1	23
Iron, Fe	mg	0.12	0.01	0.02	0.25
Magnesium, Mg	mg	12	1	2	25
Phosphorus, P	mg	6	0	1	12
Potassium, K	mg	148	6	19	308
Sodium, Na	mg	9	0	1	19
Zinc, Zn	mg	0.11	0.00	0.01	0.23
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.011	0.000	0.001	0.023
Riboflavin	mg	0.095	0.004	0.012	0.198
Niacin	mg	0.425	0.018	0.055	0.884
Vitamin B-6	mg	0.026	0.001	0.003	0.054
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	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
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.010	0.000	0.001	0.021
Fatty acids, total monounsaturated	g	0.010	0.000	0.001	0.021
Fatty acids, total polyunsaturated	g	0.004	0.000	0.001	0.008
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0