

Basic Report 06629, Sauce, pesto, CLASSICO, basil pesto, ready-to-serve

Report Date: September 17, 2019 08:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 62g
Proximates			
Water	g	49.16	30.48
Energy	kcal	372	231
Protein	g	4.16	2.58
Total lipid (fat)	g	36.38	22.56
Carbohydrate, by difference	g	6.93	4.30
Fiber, total dietary	g	2.1	1.3
Sugars, total	g	2.60	1.61
Minerals			
Calcium, Ca	mg	166	103
Iron, Fe	mg	0.71	0.44
Magnesium, Mg	mg	40	25
Phosphorus, P	mg	97	60
Potassium, K	mg	195	121
Sodium, Na	mg	1028	637
Zinc, Zn	mg	0.68	0.42
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.097	0.060
Riboflavin	mg	0.273	0.169
Niacin	mg	0.877	0.544
Vitamin B-6	mg	0.267	0.166
Vitamin A, RAE	µg	96	60
Vitamin A, IU	IU	1929	1196
Vitamin E (alpha-tocopherol)	mg	4.61	2.86
Vitamin K (phylloquinone)	µg	193.8	120.2

Lipids

Nutrient	Unit	1 Value Per100 g	0.25 cup 62g
Fatty acids, total saturated	g	6.718	4.165
Fatty acids, total monounsaturated	g	10.049	6.230
Fatty acids, total polyunsaturated	g	18.425	11.424
Fatty acids, total trans	g	0.155	0.096

Amino Acids

Other