

Full Report (All Nutrients) 09544, Baobab powder

Report Date: July 23, 2019 18:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	10.92	12	--
Energy 1	kcal	250	9	--
Energy 1	kJ	1045	10	--
Protein 1	g	3.69	9	--
Total lipid (fat) 1	g	0.47	12	--
Ash 1	g	5.28	10	--
Carbohydrate, by difference	g	79.65	--	--
Fiber, total dietary 1	g	44.5	12	--
Sucrose 1	g	9.22	12	--
Glucose (dextrose) 1	g	4.66	12	--
Fructose 1	g	4.28	12	--
Lactose 1	g	0.00	6	--
Maltose 1	g	0.00	6	--
Minerals				
Calcium, Ca 1	mg	342	10	--
Iron, Fe 1	mg	8.42	10	--
Magnesium, Mg 1	mg	158	12	--
Phosphorus, P 1	mg	47	10	--
Potassium, K 1	mg	2189	12	--
Sodium, Na 1	mg	10	10	--
Zinc, Zn 1	mg	0.92	4	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Selenium, Se 1	µg	0.0	4	--

Vitamins

Vitamin C, total ascorbic acid 1	mg	173.2	12	--
Thiamin 1	mg	0.030	6	--
Riboflavin 1	mg	0.074	8	--
Niacin 1	mg	19.983	6	--
Vitamin B-6 1	mg	2.414	6	--
Folate, total 1	µg	43	4	--
Folate, food	µg	43	4	--

Lipids

Fatty acids, total saturated	g	0.244	8	--
Fatty acids, total monounsaturated	g	0.169	8	--
Fatty acids, total polyunsaturated	g	0.163	8	--
18:3 undifferentiated 1	g	0.098	8	--
18:3 n-3 c,c,c (ALA) 1	g	0.098	8	--
20:5 n-3 (EPA) 1	g	0.000	6	--
22:5 n-3 (DPA) 1	g	0.000	6	--
22:6 n-3 (DHA) 1	g	0.000	6	--
Fatty acids, total trans	g	0.009	8	--

Amino Acids

Other

Sources of Data

¹Baobab Foods, Inc Baobab Foods, Inc 4/2013 - 1/2016, 2016