

## Basic Report 11935, Catsup

Report Date: August 25, 2019 03:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 17g	1 packet 9g	1 cup 240g
<b>Proximates</b>					
Water	g	68.51	11.65	6.17	164.42
Energy	kcal	101	17	9	242
Protein	g	1.04	0.18	0.09	2.50
Total lipid (fat)	g	0.10	0.02	0.01	0.24
Carbohydrate, by difference	g	27.40	4.66	2.47	65.76
Fiber, total dietary	g	0.3	0.1	0.0	0.7
Sugars, total	g	21.27	3.62	1.91	51.05
<b>Minerals</b>					
Calcium, Ca	mg	15	3	1	36
Iron, Fe	mg	0.35	0.06	0.03	0.84
Magnesium, Mg	mg	13	2	1	31
Phosphorus, P	mg	26	4	2	62
Potassium, K	mg	281	48	25	674
Sodium, Na	mg	907	154	82	2177
Zinc, Zn	mg	0.17	0.03	0.02	0.41
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	4.1	0.7	0.4	9.8
Thiamin	mg	0.011	0.002	0.001	0.026
Riboflavin	mg	0.166	0.028	0.015	0.398
Niacin	mg	1.434	0.244	0.129	3.442
Vitamin B-6	mg	0.158	0.027	0.014	0.379
Folate, DFE	µg	9	2	1	22
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	26	4	2	62
Vitamin A, IU	IU	527	90	47	1265
Vitamin E (alpha-tocopherol)	mg	1.46	0.25	0.13	3.50

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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	3.0	0.5	0.3	7.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.014	0.002	0.001	0.034
Fatty acids, total monounsaturated	g	0.015	0.003	0.001	0.036
Fatty acids, total polyunsaturated	g	0.041	0.007	0.004	0.098
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