

Basic Report 01205, Cream substitute, flavored, liquid

Report Date: December 14, 2017 11:50 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g
Proximates			
Water	g	50.06	7.51
Energy	kcal	251	38
Protein	g	0.69	0.10
Total lipid (fat)	g	13.50	2.02
Carbohydrate, by difference	g	35.07	5.26
Fiber, total dietary	g	1.1	0.2
Sugars, total	g	33.04	4.96
Minerals			
Calcium, Ca	mg	6	1
Iron, Fe	mg	0.59	0.09
Magnesium, Mg	mg	19	3
Phosphorus, P	mg	28	4
Potassium, K	mg	96	14
Sodium, Na	mg	67	10
Zinc, Zn	mg	0.25	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.004	0.001
Riboflavin	mg	0.024	0.004
Niacin	mg	0.091	0.014
Vitamin B-6	mg	0.004	0.001
Folate, DFE	µg	1	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	1.58	0.24

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.3	0.5
Lipids			
Fatty acids, total saturated	g	2.635	0.395
Fatty acids, total monounsaturated	g	4.002	0.600
Fatty acids, total polyunsaturated	g	6.269	0.940
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	3	0