

Basic Report 18243, Croutons, seasoned

Report Date: September 15, 2019 12:24 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 0.5 oz 14.2g | 0.5 cup 20g | 1 package, fast food 10g | 4.0 cubes 1g |
|--------------------------------|------|------------------------|-----------------|----------------|-----------------------------|-----------------|
| Proximates | | | | | | |
| Water | g | 3.60 | 0.51 | 0.72 | 0.36 | 0.04 |
| Energy | kcal | 465 | 66 | 93 | 46 | 5 |
| Protein | g | 10.80 | 1.53 | 2.16 | 1.08 | 0.11 |
| Total lipid (fat) | g | 18.30 | 2.60 | 3.66 | 1.83 | 0.18 |
| Carbohydrate, by difference | g | 63.50 | 9.02 | 12.70 | 6.35 | 0.64 |
| Fiber, total dietary | g | 5.0 | 0.7 | 1.0 | 0.5 | 0.1 |
| Sugars, total | g | 4.41 | 0.63 | 0.88 | 0.44 | 0.04 |
| Minerals | | | | | | |
| Calcium, Ca | mg | 96 | 14 | 19 | 10 | 1 |
| Iron, Fe | mg | 2.82 | 0.40 | 0.56 | 0.28 | 0.03 |
| Magnesium, Mg | mg | 42 | 6 | 8 | 4 | 0 |
| Phosphorus, P | mg | 140 | 20 | 28 | 14 | 1 |
| Potassium, K | mg | 181 | 26 | 36 | 18 | 2 |
| Sodium, Na | mg | 1333 | 189 | 267 | 133 | 13 |
| Zinc, Zn | mg | 0.94 | 0.13 | 0.19 | 0.09 | 0.01 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin | mg | 0.506 | 0.072 | 0.101 | 0.051 | 0.005 |
| Riboflavin | mg | 0.421 | 0.060 | 0.084 | 0.042 | 0.004 |
| Niacin | mg | 4.646 | 0.660 | 0.929 | 0.465 | 0.046 |
| Vitamin B-6 | mg | 0.083 | 0.012 | 0.017 | 0.008 | 0.001 |
| Folate, DFE | µg | 151 | 21 | 30 | 15 | 2 |
| Vitamin B-12 | µg | 0.14 | 0.02 | 0.03 | 0.01 | 0.00 |
| Vitamin A, RAE | µg | 7 | 1 | 1 | 1 | 0 |
| Vitamin A, IU | IU | 32 | 5 | 6 | 3 | 0 |
| Vitamin E (alpha-tocopherol) | mg | 0.40 | 0.06 | 0.08 | 0.04 | 0.00 |

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|------------------------------------|-------------|---------------------------------|-------------------------|------------------------|-------------------------------------|-------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 7.6 | 1.1 | 1.5 | 0.8 | 0.1 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 5.247 | 0.745 | 1.049 | 0.525 | 0.052 |
| Fatty acids, total monounsaturated | g | 9.498 | 1.349 | 1.900 | 0.950 | 0.095 |
| Fatty acids, total polyunsaturated | g | 2.368 | 0.336 | 0.474 | 0.237 | 0.024 |
| Cholesterol | mg | 7 | 1 | 1 | 1 | 0 |
| Amino Acids | | | | | | |
| Other | | | | | | |
| Caffeine | mg | 0 | 0 | 0 | 0 | 0 |