

## Basic Report 19169, Egg custards, dry mix

Report Date: July 22, 2019 21:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package (3 oz) 85g	1 portion, amount to make 1/2 cup 21g
<b>Proximates</b>				
Water	g	1.70	1.45	0.36
Energy	kcal	410	348	86
Protein	g	6.90	5.87	1.45
Total lipid (fat)	g	6.40	5.44	1.34
Carbohydrate, by difference	g	82.80	70.38	17.39
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	228	194	48
Iron, Fe	mg	1.93	1.64	0.41
Magnesium, Mg	mg	45	38	9
Phosphorus, P	mg	332	282	70
Potassium, K	mg	540	459	113
Sodium, Na	mg	281	239	59
Zinc, Zn	mg	1.05	0.89	0.22
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.4	0.3	0.1
Thiamin	mg	0.145	0.123	0.030
Riboflavin	mg	0.412	0.350	0.087
Niacin	mg	0.320	0.272	0.067
Vitamin B-6	mg	0.216	0.184	0.045
Folate, DFE	µg	30	26	6
Vitamin B-12	µg	1.17	0.99	0.25
Vitamin A, RAE	µg	63	54	13
Vitamin A, IU	IU	217	184	46
<b>Lipids</b>				
Fatty acids, total saturated	g	2.030	1.725	0.426

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Fatty acids, total monounsaturated	g	2.400	2.040	0.504
Fatty acids, total polyunsaturated	g	0.850	0.723	0.178
Cholesterol	mg	258	219	54
<b>Amino Acids</b>				
<b>Other</b>				