

Basic Report 01225, Dulce de Leche

Report Date: February 22, 2018 08:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 19g
Proximates			
Water	g	28.71	5.45
Energy	kcal	315	60
Protein	g	6.84	1.30
Total lipid (fat)	g	7.35	1.40
Carbohydrate, by difference	g	55.35	10.52
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	49.74	9.45
Minerals			
Calcium, Ca	mg	251	48
Iron, Fe	mg	0.17	0.03
Magnesium, Mg	mg	22	4
Phosphorus, P	mg	193	37
Potassium, K	mg	350	66
Sodium, Na	mg	129	25
Zinc, Zn	mg	0.79	0.15
Vitamins			
Vitamin C, total ascorbic acid	mg	2.6	0.5
Thiamin	mg	0.016	0.003
Riboflavin	mg	0.405	0.077
Niacin	mg	0.210	0.040
Vitamin B-6	mg	0.016	0.003
Folate, DFE	µg	11	2
Vitamin B-12	µg	0.31	0.06
Vitamin A, RAE	µg	74	14
Vitamin A, IU	IU	267	51
Vitamin E (alpha-tocopherol)	mg	0.20	0.04

Nutrient	Unit	1 Value Per100 g	1 tbsp 19g
Vitamin D (D2 + D3)	µg	0.2	0.0
Vitamin D	IU	6	1
Vitamin K (phylloquinone)	µg	1.3	0.2
Lipids			
Fatty acids, total saturated	g	4.534	0.861
Fatty acids, total monounsaturated	g	2.143	0.407
Fatty acids, total polyunsaturated	g	0.375	0.071
Fatty acids, total trans	g	0.364	0.069
Cholesterol	mg	29	6
Amino Acids			
Other			
Caffeine	mg	0	0