

## Basic Report 01225, Dulce de Leche

Report Date: June 27, 2017 23:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 19g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 19g</b>
Vitamin D (D2 + D3)	µg	0.2	0.0
Vitamin D	IU	6	1
Vitamin K (phylloquinone)	µg	1.3	0.2
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0