

Basic Report 20068, Tapioca, pearl, dry

Report Date: June 19, 2019 21:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 152g
Proximates			
Water	g	10.99	16.70
Energy	kcal	358	544
Protein	g	0.19	0.29
Total lipid (fat)	g	0.02	0.03
Carbohydrate, by difference	g	88.69	134.81
Fiber, total dietary	g	0.9	1.4
Sugars, total	g	3.35	5.09
Minerals			
Calcium, Ca	mg	20	30
Iron, Fe	mg	1.58	2.40
Magnesium, Mg	mg	1	2
Phosphorus, P	mg	7	11
Potassium, K	mg	11	17
Sodium, Na	mg	1	2
Zinc, Zn	mg	0.12	0.18
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.004	0.006
Riboflavin	mg	0.000	0.000
Niacin	mg	0.000	0.000
Vitamin B-6	mg	0.008	0.012
Folate, DFE	µg	4	6
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	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup 152g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.005	0.008
Fatty acids, total monounsaturated	g	0.005	0.008
Fatty acids, total polyunsaturated	g	0.003	0.005
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0