

Basic Report 03015, Babyfood, meat, turkey, strained
Report Date: September 18, 2019 18:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 oz 28.35g	1 jar 71g	1 jar Beech-Nut Stage 1 (2.5 oz) 71g	1 jar Gerber Second Foods (2.5 oz) 71g	1 jar Heinz Strained-2 (2.5 oz) 71g
Proximates								
Water	g	80.32	12.05	22.77	57.03	57.03	57.03	57.03
Energy	kcal	111	17	31	79	79	79	79
Protein	g	11.50	1.73	3.26	8.16	8.16	8.16	8.16
Total lipid (fat)	g	6.20	0.93	1.76	4.40	4.40	4.40	4.40
Carbohydrate, by difference	g	1.40	0.21	0.40	0.99	0.99	0.99	0.99
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Minerals								
Calcium, Ca	mg	41	6	12	29	29	29	29
Iron, Fe	mg	0.70	0.10	0.20	0.50	0.50	0.50	0.50
Magnesium, Mg	mg	12	2	3	9	9	9	9
Phosphorus, P	mg	117	18	33	83	83	83	83
Potassium, K	mg	135	20	38	96	96	96	96
Sodium, Na	mg	49	7	14	35	35	35	35
Zinc, Zn	mg	1.77	0.27	0.50	1.26	1.26	1.26	1.26
Vitamins								
Vitamin C, total ascorbic acid	mg	2.2	0.3	0.6	1.6	1.6	1.6	1.6
Thiamin	mg	0.008	0.001	0.002	0.006	0.006	0.006	0.006
Riboflavin	mg	0.163	0.024	0.046	0.116	0.116	0.116	0.116
Niacin	mg	2.610	0.391	0.740	1.853	1.853	1.853	1.853
Vitamin B-6	mg	0.029	0.004	0.008	0.021	0.021	0.021	0.021
Folate, DFE	µg	8	1	2	6	6	6	6
Vitamin B-12	µg	1.11	0.17	0.31	0.79	0.79	0.79	0.79
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.01	0.02	0.06	0.06	0.06	0.06

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Vitamin D (D2 + D3)	µg	0.8	0.1	0.2	0.6	0.6	0.6	0.6
Vitamin D	IU	34	5	10	24	24	24	24
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Lipids								
Fatty acids, total saturated	g	1.641	0.246	0.465	1.165	1.165	1.165	1.165
Fatty acids, total monounsaturated	g	2.384	0.358	0.676	1.693	1.693	1.693	1.693
Fatty acids, total polyunsaturated	g	1.741	0.261	0.494	1.236	1.236	1.236	1.236
Cholesterol	mg	58	9	16	41	41	41	41
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0