

Basic Report 03025, Babyfood, GERBER, 3rd Foods, apple, mango and kiwi

Report Date: June 19, 2019 21:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 170g
Proximates			
Water	g	86.34	146.78
Energy	kcal	48	82
Protein	g	0.47	0.80
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	12.88	21.90
Fiber, total dietary	g	2.0	3.4
Sugars, total	g	10.18	17.31
Minerals			
Calcium, Ca	mg	9	15
Iron, Fe	mg	0.17	0.29
Magnesium, Mg	mg	6	10
Phosphorus, P	mg	11	19
Potassium, K	mg	123	209
Sodium, Na	mg	2	3
Zinc, Zn	mg	0.06	0.10
Vitamins			
Vitamin C, total ascorbic acid	mg	23.3	39.6
Thiamin	mg	0.018	0.031
Riboflavin	mg	0.018	0.031
Niacin	mg	0.250	0.425
Vitamin B-6	mg	0.059	0.100
Folate, DFE	µg	14	24
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	15	26
Vitamin A, IU	IU	294	500
Vitamin E (alpha-tocopherol)	mg	0.41	0.70

Nutrient	Unit	1 Value Per100 g	1 serving 170g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.9	10.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0