

Basic Report 03048, Babyfood, macaroni and cheese, toddler

Report Date: June 18, 2019 12:58 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 container 113g |
|--------------------------------|------|------------------------|---------------------|
| Proximates | | | |
| Water | g | 81.70 | 92.32 |
| Energy | kcal | 82 | 93 |
| Protein | g | 3.50 | 3.96 |
| Total lipid (fat) | g | 2.60 | 2.94 |
| Carbohydrate, by difference | g | 11.20 | 12.66 |
| Fiber, total dietary | g | 0.5 | 0.6 |
| Sugars, total | g | 0.79 | 0.89 |
| Minerals | | | |
| Calcium, Ca | mg | 102 | 115 |
| Iron, Fe | mg | 0.60 | 0.68 |
| Magnesium, Mg | mg | 9 | 10 |
| Phosphorus, P | mg | 81 | 92 |
| Potassium, K | mg | 18 | 20 |
| Sodium, Na | mg | 264 | 298 |
| Zinc, Zn | mg | 0.43 | 0.49 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.040 | 0.045 |
| Riboflavin | mg | 0.090 | 0.102 |
| Niacin | mg | 0.790 | 0.893 |
| Vitamin B-6 | mg | 0.050 | 0.057 |
| Folate, DFE | µg | 40 | 45 |
| Vitamin B-12 | µg | 0.06 | 0.07 |
| Vitamin A, RAE | µg | 19 | 21 |
| Vitamin A, IU | IU | 73 | 82 |
| Vitamin E (alpha-tocopherol) | mg | 0.03 | 0.03 |

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|------------------------------------|-------------|---------------------------------|-----------------------------|
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 2 | 2 |
| Vitamin K (phylloquinone) | µg | 0.2 | 0.2 |
| Lipids | | | |
| Fatty acids, total saturated | g | 1.530 | 1.729 |
| Fatty acids, total monounsaturated | g | 0.700 | 0.791 |
| Fatty acids, total polyunsaturated | g | 0.170 | 0.192 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 7 | 8 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |