

## Basic Report 03121, Babyfood, vegetables, peas, strained

Report Date: June 19, 2019 15:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 95g	1 cup 240g	1 container 91g
<b>Proximates</b>							
Water	g	87.52	14.00	24.81	83.14	210.05	79.64
Energy	kcal	50	8	14	48	120	46
Protein	g	3.27	0.52	0.93	3.11	7.85	2.98
Total lipid (fat)	g	0.43	0.07	0.12	0.41	1.03	0.39
Carbohydrate, by difference	g	8.36	1.34	2.37	7.94	20.06	7.61
Fiber, total dietary	g	2.0	0.3	0.6	1.9	4.8	1.8
Sugars, total	g	2.01	0.32	0.57	1.91	4.82	1.83
<b>Minerals</b>							
Calcium, Ca	mg	18	3	5	17	43	16
Iron, Fe	mg	0.95	0.15	0.27	0.90	2.28	0.86
Magnesium, Mg	mg	17	3	5	16	41	15
Phosphorus, P	mg	50	8	14	48	120	46
Potassium, K	mg	106	17	30	101	254	96
Sodium, Na	mg	5	1	1	5	12	5
Zinc, Zn	mg	0.47	0.08	0.13	0.45	1.13	0.43
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.6	0.1	0.2	0.6	1.4	0.5
Thiamin	mg	0.087	0.014	0.025	0.083	0.209	0.079
Riboflavin	mg	0.065	0.010	0.018	0.062	0.156	0.059
Niacin	mg	1.119	0.179	0.317	1.063	2.686	1.018
Vitamin B-6	mg	0.016	0.003	0.005	0.015	0.038	0.015
Folate, DFE	µg	28	4	8	27	67	25
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	11	2	3	10	26	10
Vitamin A, IU	IU	216	35	61	205	518	197
Vitamin E (alpha-tocopherol)	mg	0.02	0.00	0.01	0.02	0.05	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	15.5	2.5	4.4	14.7	37.2	14.1
<b>Lipids</b>							
Fatty acids, total saturated	g	0.070	0.011	0.020	0.067	0.168	0.064
Fatty acids, total monounsaturated	g	0.050	0.008	0.014	0.048	0.120	0.045
Fatty acids, total polyunsaturated	g	0.200	0.032	0.057	0.190	0.480	0.182
Cholesterol	mg	0	0	0	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0