

Basic Report 03139, Babyfood, prunes, without vitamin c, strained

Report Date: June 19, 2019 15:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 jar Gerber First Foods (2.5 oz) 71g
Proximates				
Water	g	74.30	11.14	52.75
Energy	kcal	100	15	71
Protein	g	1.00	0.15	0.71
Total lipid (fat)	g	0.20	0.03	0.14
Carbohydrate, by difference	g	23.52	3.53	16.70
Fiber, total dietary	g	2.7	0.4	1.9
Sugars, total	g	14.28	2.14	10.14
Minerals				
Calcium, Ca	mg	21	3	15
Iron, Fe	mg	0.40	0.06	0.28
Magnesium, Mg	mg	17	3	12
Phosphorus, P	mg	30	4	21
Potassium, K	mg	306	46	217
Sodium, Na	mg	1	0	1
Zinc, Zn	mg	0.20	0.03	0.14
Vitamins				
Vitamin C, total ascorbic acid	mg	1.3	0.2	0.9
Thiamin	mg	0.020	0.003	0.014
Riboflavin	mg	0.210	0.032	0.149
Niacin	mg	0.720	0.108	0.511
Vitamin B-6	mg	0.110	0.017	0.078
Folate, DFE	µg	1	0	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	3	0	2
Vitamin A, IU	IU	60	9	43
Vitamin E (alpha-tocopherol)	mg	0.55	0.08	0.39

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	22.1	3.3	15.7
Lipids				
Fatty acids, total saturated	g	0.020	0.003	0.014
Fatty acids, total monounsaturated	g	0.130	0.020	0.092
Fatty acids, total polyunsaturated	g	0.040	0.006	0.028
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0