

Basic Report 03187, Babyfood, cereal, mixed, with applesauce and bananas, strained

Report Date: June 15, 2019 22:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar 113g
Proximates				
Water	g	80.00	22.68	90.40
Energy	kcal	82	23	93
Protein	g	0.71	0.20	0.80
Total lipid (fat)	g	0.51	0.14	0.58
Carbohydrate, by difference	g	18.38	5.21	20.77
Fiber, total dietary	g	1.0	0.3	1.1
Sugars, total	g	11.10	3.15	12.54
Minerals				
Calcium, Ca	mg	91	26	103
Iron, Fe	mg	6.81	1.93	7.70
Magnesium, Mg	mg	7	2	8
Phosphorus, P	mg	29	8	33
Potassium, K	mg	111	31	125
Sodium, Na	mg	5	1	6
Zinc, Zn	mg	1.01	0.29	1.14
Vitamins				
Vitamin C, total ascorbic acid	mg	15.9	4.5	18.0
Thiamin	mg	0.126	0.036	0.142
Riboflavin	mg	0.156	0.044	0.176
Niacin	mg	2.020	0.573	2.283
Vitamin B-6	mg	0.101	0.029	0.114
Folate, DFE	µg	43	12	49
Vitamin B-12	µg	0.51	0.14	0.58
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.03	0.01	0.03

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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	0.3	0.1	0.3
Lipids				
Fatty acids, total saturated	g	0.090	0.026	0.102
Fatty acids, total monounsaturated	g	0.135	0.038	0.153
Fatty acids, total polyunsaturated	g	0.191	0.054	0.216
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0