

## Basic Report 03195, Babyfood, cereal, rice, with applesauce and bananas, strained

Report Date: June 16, 2019 05:30 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 16g	1 oz 28.35g	1 jar 113g	1 jar Gerber Second Food (4 oz) 113g	1 jar Heinz Strained-2 (4.25 oz) 120g
<b>Proximates</b>							
Water	g	81.00	12.96	22.96	91.53	91.53	97.20
Energy	kcal	80	13	23	90	90	96
Protein	g	1.20	0.19	0.34	1.36	1.36	1.44
Total lipid (fat)	g	0.40	0.06	0.11	0.45	0.45	0.48
Carbohydrate, by difference	g	17.10	2.74	4.85	19.32	19.32	20.52
Fiber, total dietary	g	1.0	0.2	0.3	1.1	1.1	1.2
Sugars, total	g	2.24	0.36	0.64	2.53	2.53	2.69
<b>Minerals</b>							
Calcium, Ca	mg	17	3	5	19	19	20
Iron, Fe	mg	6.73	1.08	1.91	7.60	7.60	8.08
Magnesium, Mg	mg	3	0	1	3	3	4
Phosphorus, P	mg	12	2	3	14	14	14
Potassium, K	mg	28	4	8	32	32	34
Sodium, Na	mg	4	1	1	5	5	5
Zinc, Zn	mg	0.08	0.01	0.02	0.09	0.09	0.10
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	31.6	5.1	9.0	35.7	35.7	37.9
Thiamin	mg	0.260	0.042	0.074	0.294	0.294	0.312
Riboflavin	mg	0.422	0.068	0.120	0.477	0.477	0.506
Niacin	mg	4.017	0.643	1.139	4.539	4.539	4.820
Vitamin B-6	mg	0.234	0.037	0.066	0.264	0.264	0.281
Folate, DFE	µg	3	0	1	3	3	4
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	0	0	1	1	1
Vitamin A, IU	IU	21	3	6	24	24	25
Vitamin E (alpha-tocopherol)	mg	0.04	0.01	0.01	0.05	0.05	0.05

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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	0.2	0.0	0.1	0.2	0.2	0.2
<b>Lipids</b>							
Fatty acids, total saturated	g	0.114	0.018	0.032	0.129	0.129	0.137
Fatty acids, total monounsaturated	g	0.104	0.017	0.029	0.118	0.118	0.125
Fatty acids, total polyunsaturated	g	0.102	0.016	0.029	0.115	0.115	0.122
Cholesterol	mg	0	0	0	0	0	0
<b>Amino Acids</b>							
<b>Other</b>							
Caffeine	mg	0	0	0	0	0	0