

Basic Report 03296, Babyfood, dinner, turkey, rice, and vegetables, toddler

Report Date: June 20, 2019 19:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar Beech nut 170g
Proximates				
Water	g	86.30	24.47	146.71
Energy	kcal	60	17	102
Protein	g	3.80	1.08	6.46
Total lipid (fat)	g	1.60	0.45	2.72
Carbohydrate, by difference	g	7.50	2.13	12.75
Fiber, total dietary	g	0.8	0.2	1.4
Sugars, total	g	1.12	0.32	1.90
Minerals				
Calcium, Ca	mg	11	3	19
Iron, Fe	mg	0.40	0.11	0.68
Magnesium, Mg	mg	14	4	24
Phosphorus, P	mg	63	18	107
Potassium, K	mg	107	30	182
Sodium, Na	mg	176	50	299
Zinc, Zn	mg	0.61	0.17	1.04
Vitamins				
Vitamin C, total ascorbic acid	mg	0.3	0.1	0.5
Thiamin	mg	0.070	0.020	0.119
Riboflavin	mg	0.070	0.020	0.119
Niacin	mg	2.110	0.598	3.587
Vitamin B-6	mg	0.130	0.037	0.221
Folate, DFE	µg	3	1	5
Vitamin B-12	µg	0.10	0.03	0.17
Vitamin A, RAE	µg	113	32	192
Vitamin A, IU	IU	2268	643	3856
Vitamin E (alpha-tocopherol)	mg	0.15	0.04	0.26

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	2	1	3
Vitamin K (phylloquinone)	µg	2.5	0.7	4.2
Lipids				
Fatty acids, total saturated	g	0.500	0.142	0.850
Fatty acids, total monounsaturated	g	0.555	0.157	0.944
Fatty acids, total polyunsaturated	g	0.309	0.088	0.525
Cholesterol	mg	7	2	12
Amino Acids				
Other				
Caffeine	mg	0	0	0