

Basic Report 03302, Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS

Report Date: September 20, 2019 05:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 7g
Proximates			
Water	g	6.00	0.42
Energy	kcal	380	27
Protein	g	14.29	1.00
Total lipid (fat)	g	4.00	0.28
Carbohydrate, by difference	g	71.82	5.03
Fiber, total dietary	g	2.3	0.2
Sugars, total	g	57.14	4.00
Minerals			
Calcium, Ca	mg	457	32
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	53	4
Phosphorus, P	mg	382	27
Potassium, K	mg	714	50
Sodium, Na	mg	286	20
Zinc, Zn	mg	1.77	0.12
Vitamins			
Vitamin C, total ascorbic acid	mg	57.1	4.0
Thiamin	mg	0.113	0.008
Riboflavin	mg	0.817	0.057
Niacin	mg	3.301	0.231
Vitamin B-6	mg	0.168	0.012
Folate, DFE	µg	55	4
Vitamin B-12	µg	1.70	0.12
Vitamin A, RAE	µg	107	7
Vitamin A, IU	IU	1396	98
Vitamin E (alpha-tocopherol)	mg	6.43	0.45

Nutrient	Unit	1 Value Per100 g	1 serving 7g
Vitamin D (D2 + D3)	µg	0.1	0.0
Vitamin D	IU	3	0
Vitamin K (phylloquinone)	µg	12.2	0.9
Lipids			
Fatty acids, total saturated	g	2.236	0.157
Fatty acids, total monounsaturated	g	0.968	0.068
Fatty acids, total polyunsaturated	g	0.194	0.014
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0