

**Basic Report 03959, Babyfood, mashed cheddar potatoes and broccoli, toddlers**

**Report Date: September 20, 2019 20:45 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 container 170g</b>
<b>Proximates</b>			
Water	g	88.97	151.25
Energy	kcal	48	82
Protein	g	1.11	1.89
Total lipid (fat)	g	1.47	2.50
Carbohydrate, by difference	g	7.47	12.70
Fiber, total dietary	g	1.2	2.0
Sugars, total	g	1.17	1.99
<b>Minerals</b>			
Calcium, Ca	mg	20	34
Iron, Fe	mg	0.16	0.27
Magnesium, Mg	mg	8	14
Phosphorus, P	mg	24	41
Potassium, K	mg	118	201
Sodium, Na	mg	176	299
Zinc, Zn	mg	0.16	0.27
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.5	2.5
Thiamin	mg	0.030	0.051
Riboflavin	mg	0.020	0.034
Niacin	mg	0.419	0.712
Vitamin B-6	mg	0.089	0.151
Folate, DFE	µg	6	10
Vitamin B-12	µg	0.01	0.02
Vitamin A, RAE	µg	13	22
Vitamin A, IU	IU	84	143
Vitamin E (alpha-tocopherol)	mg	0.09	0.15

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	8.1	13.8
<b>Lipids</b>			
Fatty acids, total saturated	g	0.875	1.488
Fatty acids, total monounsaturated	g	0.370	0.629
Fatty acids, total polyunsaturated	g	0.092	0.156
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	4	7
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0