

Basic Report 07972, Meatballs, frozen, Italian style

Report Date: September 18, 2019 01:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	3.0 pieces 56g
Proximates				
Water	g	53.67	45.62	30.06
Energy	kcal	286	243	160
Protein	g	14.40	12.24	8.06
Total lipid (fat)	g	22.21	18.88	12.44
Carbohydrate, by difference	g	8.06	6.85	4.51
Fiber, total dietary	g	2.3	2.0	1.3
Sugars, total	g	3.47	2.95	1.94
Minerals				
Calcium, Ca	mg	80	68	45
Iron, Fe	mg	1.77	1.50	0.99
Magnesium, Mg	mg	31	26	17
Phosphorus, P	mg	239	203	134
Potassium, K	mg	296	252	166
Sodium, Na	mg	666	566	373
Zinc, Zn	mg	1.66	1.41	0.93
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.136	0.116	0.076
Riboflavin	mg	0.230	0.196	0.129
Niacin	mg	3.108	2.642	1.740
Vitamin B-6	mg	0.202	0.172	0.113
Folate, DFE	µg	36	31	20
Vitamin B-12	µg	1.00	0.85	0.56
Vitamin A, RAE	µg	22	19	12
Vitamin A, IU	IU	73	62	41
Vitamin E (alpha-tocopherol)	mg	0.42	0.36	0.24

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	3.0 pieces 56g
Vitamin D (D2 + D3)	µg	0.1	0.1	0.1
Vitamin D	IU	2	2	1
Vitamin K (phylloquinone)	µg	8.2	7.0	4.6
Lipids				
Fatty acids, total saturated	g	7.627	6.483	4.271
Fatty acids, total monounsaturated	g	9.188	7.810	5.145
Fatty acids, total polyunsaturated	g	3.346	2.844	1.874
Fatty acids, total trans	g	0.577	0.490	0.323
Cholesterol	mg	66	56	37
Amino Acids				
Other				
Caffeine	mg	0	0	0