

Basic Report 19173, Gelatin desserts, dry mix, prepared with water

Report Date: June 19, 2019 03:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 135g	1 serving 21g	1 package 3 oz, yields 2 cups 540g
Proximates					
Water	g	84.39	113.93	17.72	455.71
Energy	kcal	60	81	13	324
Protein	g	1.22	1.65	0.26	6.59
Total lipid (fat)	g	0.00	0.00	0.00	0.00
Carbohydrate, by difference	g	14.19	19.16	2.98	76.63
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	13.49	18.21	2.83	72.85
Minerals					
Calcium, Ca	mg	3	4	1	16
Iron, Fe	mg	0.02	0.03	0.00	0.11
Magnesium, Mg	mg	1	1	0	5
Phosphorus, P	mg	22	30	5	119
Potassium, K	mg	1	1	0	5
Sodium, Na	mg	75	101	16	405
Zinc, Zn	mg	0.01	0.01	0.00	0.05
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000	0.000
Riboflavin	mg	0.006	0.008	0.001	0.032
Niacin	mg	0.001	0.001	0.000	0.005
Vitamin B-6	mg	0.000	0.000	0.000	0.000
Folate, DFE	µg	1	1	0	5
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0