

## Basic Report 19205, Egg custards, dry mix, prepared with 2% milk

Report Date: June 26, 2019 06:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 141g
<b>Proximates</b>			
Water	g	74.44	104.96
Energy	kcal	112	158
Protein	g	4.13	5.82
Total lipid (fat)	g	2.83	3.99
Carbohydrate, by difference	g	17.61	24.83
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	4.63	6.53
<b>Minerals</b>			
Calcium, Ca	mg	146	206
Iron, Fe	mg	0.33	0.47
Magnesium, Mg	mg	17	24
Phosphorus, P	mg	137	193
Potassium, K	mg	214	302
Sodium, Na	mg	87	123
Zinc, Zn	mg	0.61	0.86
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.3
Thiamin	mg	0.056	0.079
Riboflavin	mg	0.235	0.331
Niacin	mg	0.135	0.190
Vitamin B-6	mg	0.066	0.093
Folate, DFE	µg	8	11
Vitamin B-12	µg	0.58	0.82
Vitamin A, RAE	µg	61	86
Vitamin A, IU	IU	208	293
Vitamin E (alpha-tocopherol)	mg	0.03	0.04

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>0.5 cup 141g</b>
Vitamin D (D2 + D3)	µg	1.1	1.6
Vitamin D	IU	44	62
Vitamin K (phylloquinone)	µg	0.2	0.3
<b>Lipids</b>			
Fatty acids, total saturated	g	1.475	2.080
Fatty acids, total monounsaturated	g	0.896	1.263
Fatty acids, total polyunsaturated	g	0.201	0.283
Fatty acids, total trans	g	0.078	0.110
Cholesterol	mg	49	69
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0