

## Full Report (All Nutrients) 19205, Egg custards, dry mix, prepared with 2% milk

Report Date: July 16, 2019 12:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 141g
<b>Proximates</b>					
Water	g	74.44	--	--	104.96
Energy	kcal	112	--	--	158
Energy	kJ	470	--	--	663
Protein	g	4.13	--	--	5.82
Total lipid (fat)	g	2.83	--	--	3.99
Ash	g	1.00	--	--	1.41
Carbohydrate, by difference	g	17.61	--	--	24.83
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	4.63	--	--	6.53
Sucrose	g	0.01	--	--	0.01
Glucose (dextrose)	g	0.01	--	--	0.01
Fructose	g	0.01	--	--	0.01
Lactose	g	4.59	--	--	6.47
Maltose	g	0.01	--	--	0.01
Galactose	g	0.01	--	--	0.01
<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

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Copper, Cu	mg	0.012	--	--	0.017
Manganese, Mn	mg	0.016	--	--	0.023
Selenium, Se	µg	4.9	--	--	6.9
Fluoride, F	µg	3.1	--	--	4.4
<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
Pantothenic acid	mg	0.683	--	--	0.963
Vitamin B-6	mg	0.066	--	--	0.093
Folate, total	µg	8	--	--	11
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	11
Folate, DFE	µg	8	--	--	11
Choline, total	mg	13.5	--	--	19.0
Betaine	mg	0.9	--	--	1.3
Vitamin B-12	µg	0.58	--	--	0.82
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	61	--	--	86
Retinol	µg	60	--	--	85
Carotene, beta	µg	4	--	--	6
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	208	--	--	293
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.03	--	--	0.04
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Tocotrienol, alpha	mg	0.00	--	--	0.00

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Tocotrienol, beta	mg	0.00	--	--	0.00
Tocotrienol, gamma	mg	0.00	--	--	0.00
Tocotrienol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	1.1	--	--	1.6
Vitamin D3 (cholecalciferol)	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
4:0	g	0.072	--	--	0.102
6:0	g	0.038	--	--	0.054
8:0	g	0.019	--	--	0.027
10:0	g	0.047	--	--	0.066
12:0	g	0.052	--	--	0.073
13:0	g	0.002	--	--	0.003
14:0	g	0.169	--	--	0.238
15:0	g	0.018	--	--	0.025
16:0	g	0.739	--	--	1.042
17:0	g	0.010	--	--	0.014
18:0	g	0.304	--	--	0.429
20:0	g	0.004	--	--	0.006
22:0	g	0.002	--	--	0.003
Fatty acids, total monounsaturated	g	0.896	--	--	1.263
14:1	g	0.013	--	--	0.018
15:1	g	0.004	--	--	0.006
16:1 undifferentiated	g	0.055	--	--	0.078
17:1	g	0.005	--	--	0.007
18:1 undifferentiated	g	0.814	--	--	1.148
20:1	g	0.005	--	--	0.007
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.201	--	--	0.283
18:2 undifferentiated	g	0.170	--	--	0.240
18:3 undifferentiated	g	0.011	--	--	0.016

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18:4	g	0.000	--	--	0.000
20:3 undifferentiated	g	0.003	--	--	0.004
20:4 undifferentiated	g	0.014	--	--	0.020
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.003	--	--	0.004
Fatty acids, total trans	g	0.078	--	--	0.110
Cholesterol	mg	49	--	--	69
Stigmasterol	mg	0	--	--	0
Campesterol	mg	0	--	--	0
Beta-sitosterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.052	--	--	0.073
Threonine	g	0.159	--	--	0.224
Isoleucine	g	0.226	--	--	0.319
Leucine	g	0.402	--	--	0.567
Lysine	g	0.301	--	--	0.424
Methionine	g	0.100	--	--	0.141
Cystine	g	0.119	--	--	0.168
Phenylalanine	g	0.190	--	--	0.268
Tyrosine	g	0.181	--	--	0.255
Valine	g	0.260	--	--	0.367
Arginine	g	0.156	--	--	0.220
Histidine	g	0.091	--	--	0.128
Alanine	g	0.156	--	--	0.220
Aspartic acid	g	0.383	--	--	0.540
Glutamic acid	g	0.878	--	--	1.238
Glycine	g	0.085	--	--	0.120
Proline	g	0.393	--	--	0.554
Serine	g	0.258	--	--	0.364
Hydroxyproline	g	0.000	--	--	0.000
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0

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Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
<b>Flavonoids</b>					
Isoflavones					
Daidzein <sup>1</sup>	mg	0.00	1	--	0.00
Genistein <sup>1</sup>	mg	0.00	1	--	0.00
Glycitein <sup>1</sup>	mg	0.00	1	--	0.00
Total isoflavones <sup>1</sup>	mg	0.00	1	--	0.00

<sup>1</sup>Wiseman, H. L., Casey, K. Clarke, D. B., Barnes, K. A., and Bowey, E. **Isolavone aglycon and glucoconjugate content of high- and low-soy U.K. foods used in nutritional studies.**, 2002 J. Agric. Food Chem. 50 pp.1404-1410