

**Basic Report 19297, Jams and preserves**
**Report Date: June 19, 2019 05:01 EDT**

Nutrient values and weights are for edible portion.

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 20g</b>	<b>1 packet (0.5 oz) 14g</b>
<b>Proximates</b>				
Water	g	30.47	6.09	4.27
Energy	kcal	278	56	39
Protein	g	0.37	0.07	0.05
Total lipid (fat)	g	0.07	0.01	0.01
Carbohydrate, by difference	g	68.86	13.77	9.64
Fiber, total dietary	g	1.1	0.2	0.2
Sugars, total	g	48.50	9.70	6.79
<b>Minerals</b>				
Calcium, Ca	mg	20	4	3
Iron, Fe	mg	0.49	0.10	0.07
Magnesium, Mg	mg	4	1	1
Phosphorus, P	mg	19	4	3
Potassium, K	mg	77	15	11
Sodium, Na	mg	32	6	4
Zinc, Zn	mg	0.06	0.01	0.01
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	8.8	1.8	1.2
Thiamin	mg	0.016	0.003	0.002
Riboflavin	mg	0.076	0.015	0.011
Niacin	mg	0.036	0.007	0.005
Vitamin B-6	mg	0.020	0.004	0.003
Folate, DFE	µg	11	2	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.12	0.02	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.010	0.002	0.001
Fatty acids, total monounsaturated	g	0.038	0.008	0.005
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0