

## Basic Report 11385, Potatoes, au gratin, dry mix, prepared with water, whole milk and butter

Report Date: July 25, 2017 14:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.167 package (5.5 oz) yields 137g	1 package yield, 5.5 oz 822g
<b>Proximates</b>				
Water	g	78.98	108.20	649.22
Energy	kcal	93	127	764
Protein	g	2.30	3.15	18.91
Total lipid (fat)	g	4.12	5.64	33.87
Carbohydrate, by difference	g	12.84	17.59	105.54
Fiber, total dietary	g	0.9	1.2	7.4
<b>Minerals</b>				
Calcium, Ca	mg	83	114	682
Iron, Fe	mg	0.32	0.44	2.63
Magnesium, Mg	mg	15	21	123
Phosphorus, P	mg	95	130	781
Potassium, K	mg	219	300	1800
Sodium, Na	mg	439	601	3609
Zinc, Zn	mg	0.24	0.33	1.97
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	3.1	4.2	25.5
Thiamin	mg	0.020	0.027	0.164
Riboflavin	mg	0.081	0.111	0.666
Niacin	mg	0.939	1.286	7.719
Vitamin B-6	mg	0.040	0.055	0.329
Folate, DFE	µg	7	10	58
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	52	71	427
Vitamin A, IU	IU	213	292	1751
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
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<b>Lipids</b>				
Fatty acids, total saturated	g	2.586	3.543	21.257
Fatty acids, total monounsaturated	g	1.175	1.610	9.659
Fatty acids, total polyunsaturated	g	0.134	0.184	1.101
Cholesterol	mg	15	21	123
<b>Amino Acids</b>				
<b>Other</b>				