

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

Report Date: February 19, 2018 01:03 EST

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
Proximates				
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
Minerals				
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
Vitamins				
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
Vitamin D	IU	0	0	0

Nutrient	Unit	1 Value Per100 g	0.167 package (5.5 oz) yields 137g	1 package yield, 5.5 oz 822g
Lipids				
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

Amino Acids

Other