

Basic Report 03051, Babyfood, dinner, spaghetti and tomato and meat, toddler

Report Date: May 24, 2017 21:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar 170g
Proximates				
Water	g	81.60	23.13	138.72
Energy	kcal	75	21	128
Protein	g	5.30	1.50	9.01
Total lipid (fat)	g	1.00	0.28	1.70
Carbohydrate, by difference	g	10.80	3.06	18.36
Minerals				
Calcium, Ca	mg	22	6	37
Iron, Fe	mg	0.90	0.26	1.53
Magnesium, Mg	mg	15	4	26
Phosphorus, P	mg	45	13	76
Potassium, K	mg	163	46	277
Sodium, Na	mg	239	68	406
Zinc, Zn	mg	0.48	0.14	0.82
Vitamins				
Vitamin C, total ascorbic acid	mg	4.1	1.2	7.0
Thiamin	mg	0.062	0.018	0.105
Riboflavin	mg	0.101	0.029	0.172
Niacin	mg	1.558	0.442	2.649
Vitamin B-6	mg	0.083	0.024	0.141
Folate, DFE	µg	50	14	85
Vitamin B-12	µg	0.23	0.07	0.39
Vitamin A, RAE	µg	22	6	37
Vitamin A, IU	IU	443	126	753

Lipids

Amino Acids

Other

