

Basic Report 03052, Babyfood, dinner, beef stew, toddler

Report Date: October 24, 2017 01:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar 170g	1 jar Beech-Nut Table Time (6 oz) 170g
Proximates					
Water	g	86.90	24.64	147.73	147.73
Energy	kcal	51	14	87	87
Protein	g	5.10	1.45	8.67	8.67
Total lipid (fat)	g	1.20	0.34	2.04	2.04
Carbohydrate, by difference	g	5.50	1.56	9.35	9.35
Fiber, total dietary	g	1.1	0.3	1.9	1.9
Sugars, total	g	1.39	0.39	2.36	2.36
Minerals					
Calcium, Ca	mg	9	3	15	15
Iron, Fe	mg	0.72	0.20	1.22	1.22
Magnesium, Mg	mg	11	3	19	19
Phosphorus, P	mg	44	12	75	75
Potassium, K	mg	142	40	241	241
Sodium, Na	mg	106	30	180	180
Zinc, Zn	mg	0.87	0.25	1.48	1.48
Vitamins					
Vitamin C, total ascorbic acid	mg	3.0	0.9	5.1	5.1
Thiamin	mg	0.014	0.004	0.024	0.024
Riboflavin	mg	0.065	0.018	0.111	0.111
Niacin	mg	1.313	0.372	2.232	2.232
Vitamin B-6	mg	0.074	0.021	0.126	0.126
Folate, DFE	µg	6	2	10	10
Vitamin B-12	µg	0.51	0.14	0.87	0.87
Vitamin A, RAE	µg	82	23	139	139
Vitamin A, IU	IU	1649	467	2803	2803
Vitamin E (alpha-tocopherol)	mg	0.50	0.14	0.85	0.85

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	0	2	2
Vitamin K (phylloquinone)	µg	2.5	0.7	4.2	4.2
Lipids					
Fatty acids, total saturated	g	0.580	0.164	0.986	0.986
Fatty acids, total monounsaturated	g	0.440	0.125	0.748	0.748
Fatty acids, total polyunsaturated	g	0.100	0.028	0.170	0.170
Cholesterol	mg	13	4	22	22
Amino Acids					
Other					
Caffeine	mg	0	0	0	0