

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

Report Date: August 21, 2017 04:33 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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0