

## Basic Report 14654, Beverages, nutritional shake mix, high protein, powder

Report Date: November 22, 2017 22:46 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 10g	1 serving 20g
<b>Proximates</b>				
Water	g	8.30	0.83	1.66
Energy	kcal	392	39	78
Protein	g	53.57	5.36	10.71
Total lipid (fat)	g	10.71	1.07	2.14
Carbohydrate, by difference	g	20.38	2.04	4.08
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	3.57	0.36	0.71
<b>Minerals</b>				
Calcium, Ca	mg	714	71	143
Iron, Fe	mg	22.50	2.25	4.50
Magnesium, Mg	mg	500	50	100
Phosphorus, P	mg	1429	143	286
Potassium, K	mg	1000	100	200
Sodium, Na	mg	1214	121	243
Zinc, Zn	mg	18.75	1.88	3.75
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	75.0	7.5	15.0
Thiamin	mg	2.143	0.214	0.429
Riboflavin	mg	2.125	0.212	0.425
Niacin	mg	25.000	2.500	5.000
Vitamin B-6	mg	2.500	0.250	0.500
Folate, DFE	µg	971	97	194
Vitamin B-12	µg	6.43	0.64	1.29
Vitamin A, RAE	µg	1875	188	375
Vitamin A, IU	IU	6250	625	1250
Vitamin E (alpha-tocopherol)	mg	16.88	1.69	3.38

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Vitamin D (D2 + D3)	µg	12.5	1.2	2.5
Vitamin D	IU	500	50	100
Vitamin K (phylloquinone)	µg	125.0	12.5	25.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	2.907	0.291	0.581
Fatty acids, total polyunsaturated	g	7.268	0.727	1.454
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0