

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

Report Date: February 21, 2018 04:23 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 10g	1 serving 20g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	1 tbsp 10g	1 serving 20g
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0