

Full Report (All Nutrients) 14654, Beverages, nutritional shake mix, high protein, powder

Report Date: November 20, 2017 20:06 EST

Nutrient values and weights are for edible portion.

Food Group : Beverages

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 10g	1 serving 20g
Proximates						
Water	g	8.30	--	--	0.83	1.66
Energy	kcal	392	--	--	39	78
Energy	kJ	1641	--	--	164	328
Protein	g	53.57	--	--	5.36	10.71
Total lipid (fat)	g	10.71	--	--	1.07	2.14
Ash	g	7.03	--	--	0.70	1.41
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
Copper, Cu	mg	2.500	--	--	0.250	0.500
Manganese, Mn	mg	125.000	--	--	12.500	25.000
Selenium, Se	µg	87.5	--	--	8.8	17.5
Vitamins						
Vitamin C, total ascorbic acid	mg	75.0	--	--	7.5	15.0
Thiamin	mg	2.143	--	--	0.214	0.429

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 10g	1 serving 20g
Riboflavin	mg	2.125	--	--	0.212	0.425
Niacin	mg	25.000	--	--	2.500	5.000
Pantothenic acid	mg	12.500	--	--	1.250	2.500
Vitamin B-6	mg	2.500	--	--	0.250	0.500
Folate, total	µg	571	--	--	57	114
Folic acid	µg	571	--	--	57	114
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	971	--	--	97	194
Choline, total	mg	179.7	--	--	18.0	35.9
Vitamin B-12	µg	6.43	--	--	0.64	1.29
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1875	--	--	188	375
Retinol	µg	1875	--	--	188	375
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	6250	--	--	625	1250
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	16.88	--	--	1.69	3.38
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	12.5	--	--	1.2	2.5
Vitamin D3 (cholecalciferol)	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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 10g	1 serving 20g
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	2.907	--	--	0.291	0.581
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	2.907	--	--	0.291	0.581
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	7.268	--	--	0.727	1.454
18:2 undifferentiated	g	6.478	--	--	0.648	1.296
18:3 undifferentiated	g	0.794	--	--	0.079	0.159
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0