

Basic Report 18144, Cake, yellow, enriched, dry mix

Report Date: May 26, 2017 09:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 43g	1 package (18.50 oz) 524g	1 oz 28.35g
Proximates					
Water	g	7.18	3.09	37.62	2.04
Energy	kcal	374	161	1960	106
Protein	g	3.70	1.59	19.39	1.05
Total lipid (fat)	g	3.50	1.50	18.34	0.99
Carbohydrate, by difference	g	81.92	35.23	429.26	23.22
Fiber, total dietary	g	1.2	0.5	6.3	0.3
Sugars, total	g	43.29	18.61	226.84	12.27
Minerals					
Calcium, Ca	mg	211	91	1106	60
Iron, Fe	mg	2.08	0.89	10.90	0.59
Magnesium, Mg	mg	10	4	52	3
Phosphorus, P	mg	310	133	1624	88
Potassium, K	mg	47	20	246	13
Sodium, Na	mg	728	313	3815	206
Zinc, Zn	mg	0.27	0.12	1.41	0.08
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.231	0.099	1.210	0.065
Riboflavin	mg	0.231	0.099	1.210	0.065
Niacin	mg	2.315	0.995	12.131	0.656
Vitamin B-6	mg	0.077	0.033	0.403	0.022
Folate, DFE	µg	108	46	566	31
Vitamin B-12	µg	0.10	0.04	0.52	0.03
Vitamin A, RAE	µg	0	0	0	0
Vitamin A, IU	IU	1	0	5	0
Vitamin E (alpha-tocopherol)	mg	0.92	0.40	4.82	0.26

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	2.9	1.2	15.2	0.8
Lipids					
Fatty acids, total saturated	g	1.620	0.697	8.489	0.459
Fatty acids, total monounsaturated	g	0.694	0.298	3.637	0.197
Fatty acids, total polyunsaturated	g	0.231	0.099	1.210	0.065
Fatty acids, total trans	g	0.231	0.099	1.210	0.065
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0