

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

Report Date: November 23, 2017 10:06 EST

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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 43g</b>	<b>1 package (18.50 oz) 524g</b>	<b>1 oz 28.35g</b>
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0