

## Basic Report 18374, Leavening agents, yeast, baker's, compressed

Report Date: June 19, 2019 15:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cake (0.6 oz) 17g
<b>Proximates</b>			
Water	g	69.00	11.73
Energy	kcal	105	18
Protein	g	8.40	1.43
Total lipid (fat)	g	1.90	0.32
Carbohydrate, by difference	g	18.10	3.08
Fiber, total dietary	g	8.1	1.4
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	19	3
Iron, Fe	mg	3.25	0.55
Magnesium, Mg	mg	40	7
Phosphorus, P	mg	336	57
Potassium, K	mg	601	102
Sodium, Na	mg	30	5
Zinc, Zn	mg	9.97	1.69
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.1	0.0
Thiamin	mg	1.880	0.320
Riboflavin	mg	1.130	0.192
Niacin	mg	12.300	2.091
Vitamin B-6	mg	0.430	0.073
Folate, DFE	µg	785	133
Vitamin B-12	µg	0.01	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cake (0.6 oz) 17g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.243	0.041
Fatty acids, total monounsaturated	g	1.047	0.178
Fatty acids, total polyunsaturated	g	0.004	0.001
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0