

## Basic Report 18447, Popovers, dry mix, unenriched

Report Date: July 15, 2019 20:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (6 oz) 170g
<b>Proximates</b>				
Water	g	11.70	3.32	19.89
Energy	kcal	371	105	631
Protein	g	10.40	2.95	17.68
Total lipid (fat)	g	4.30	1.22	7.31
Carbohydrate, by difference	g	71.00	20.13	120.70
<b>Minerals</b>				
Calcium, Ca	mg	32	9	54
Iron, Fe	mg	0.82	0.23	1.39
Magnesium, Mg	mg	25	7	42
Phosphorus, P	mg	100	28	170
Potassium, K	mg	100	28	170
Sodium, Na	mg	906	257	1540
Zinc, Zn	mg	0.88	0.25	1.50
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.1	0.0	0.2
Thiamin	mg	0.101	0.029	0.172
Riboflavin	mg	0.026	0.007	0.044
Niacin	mg	1.041	0.295	1.770
Vitamin B-6	mg	0.042	0.012	0.071
Folate, DFE	µg	25	7	42
Vitamin B-12	µg	0.08	0.02	0.14
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.983	0.279	1.671
Fatty acids, total monounsaturated	g	1.984	0.562	3.373

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Fatty acids, total polyunsaturated	g	0.823	0.233	1.399
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**