

## Basic Report 18453, Cake, yellow, light, dry mix

Report Date: July 16, 2019 03:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (18.50 oz) 524g
<b>Proximates</b>				
Water	g	3.10	0.88	16.24
Energy	kcal	404	115	2117
Protein	g	4.70	1.33	24.63
Total lipid (fat)	g	5.50	1.56	28.82
Carbohydrate, by difference	g	84.10	23.84	440.68
Fiber, total dietary	g	1.3	0.4	6.8
<b>Minerals</b>				
Calcium, Ca	mg	155	44	812
Iron, Fe	mg	1.31	0.37	6.86
Magnesium, Mg	mg	10	3	52
Phosphorus, P	mg	324	92	1698
Potassium, K	mg	65	18	341
Sodium, Na	mg	604	171	3165
Zinc, Zn	mg	0.33	0.09	1.73
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.172	0.049	0.901
Riboflavin	mg	0.211	0.060	1.106
Niacin	mg	1.569	0.445	8.222
Vitamin B-6	mg	0.026	0.007	0.136
Folate, DFE	µg	126	36	660
Vitamin B-12	µg	0.11	0.03	0.58
Vitamin A, RAE	µg	4	1	21
Vitamin A, IU	IU	13	4	68
<b>Lipids</b>				
Fatty acids, total saturated	g	1.367	0.388	7.163

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Fatty acids, total monounsaturated	g	2.973	0.843	15.579
Fatty acids, total polyunsaturated	g	0.796	0.226	4.171
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				