

Basic Report 19172, Gelatin desserts, dry mix

Report Date: July 16, 2019 02:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.126 Value Per12.6 g	1 package (3 oz) 85g	1 portion, amount to make 1/2 cup 21g
Proximates				
Water	g	0.13	0.85	0.21
Energy	kcal	48	324	80
Protein	g	0.98	6.63	1.64
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	11.40	76.92	19.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	10.84	73.13	18.07
Minerals				
Calcium, Ca	mg	0	3	1
Iron, Fe	mg	0.02	0.11	0.03
Magnesium, Mg	mg	0	2	0
Phosphorus, P	mg	18	120	30
Potassium, K	mg	1	6	1
Sodium, Na	mg	59	396	98
Zinc, Zn	mg	0.00	0.01	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.003	0.001
Riboflavin	mg	0.005	0.035	0.009
Niacin	mg	0.001	0.008	0.002
Vitamin B-6	mg	0.000	0.001	0.000
Folate, DFE	µg	0	3	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0