

Full Report (All Nutrients) 19172, Gelatin desserts, dry mix

Report Date: June 25, 2019 22:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:3.9 Nitrogen to Protein Conversion Factor:5.55

Nutrient	Unit	.126 Value Per12.6 g	Data points	Std. Error	1 package (3 oz) 85g	1 portion, amount to make 1/2 cup 21g
Proximates						
Water	g	0.13	84	0.020	0.85	0.21
Energy	kcal	48	--	--	324	80
Energy	kJ	201	--	--	1355	335
Protein	g	0.98	84	0.030	6.63	1.64
Total lipid (fat)	g	0.00	1	--	0.00	0.00
Ash	g	0.09	84	0.010	0.59	0.15
Carbohydrate, by difference	g	11.40	--	--	76.92	19.00
Fiber, total dietary	g	0.0	2	--	0.0	0.0
Sugars, total	g	10.84	--	--	73.13	18.07
Minerals						
Calcium, Ca	mg	0	9	0.000	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	17	0.000	6	1
Sodium, Na	mg	59	4	54.000	396	98
Zinc, Zn	mg	0.00	2	--	0.01	0.00
Copper, Cu	mg	0.015	1	--	0.100	0.025
Manganese, Mn	mg	0.001	--	--	0.009	0.002
Selenium, Se	µg	0.8	1	--	5.7	1.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

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Thiamin	mg	0.000	--	--	0.003	0.001
Riboflavin	mg	0.005	--	--	0.035	0.009
Niacin	mg	0.001	--	--	0.008	0.002
Pantothenic acid	mg	0.002	--	--	0.012	0.003
Vitamin B-6	mg	0.000	--	--	0.001	0.000
Folate, total	µg	0	--	--	3	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	3	1
Folate, DFE	µg	0	--	--	3	1
Choline, total	mg	0.4	--	--	3.0	0.7
Vitamin B-12	µg	0.00	1	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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	2	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

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16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	2	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	2	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	2	--	0	0
Amino Acids						
Tryptophan	g	0.000	--	--	0.000	0.000
Threonine	g	0.019	--	--	0.128	0.032
Isoleucine	g	0.015	--	--	0.100	0.025
Leucine	g	0.032	--	--	0.213	0.053
Lysine	g	0.045	--	--	0.301	0.074
Methionine	g	0.008	--	--	0.053	0.013
Cystine	g	0.000	--	--	0.000	0.000
Phenylalanine	g	0.022	--	--	0.150	0.037
Tyrosine	g	0.004	--	--	0.026	0.007
Valine	g	0.027	--	--	0.181	0.045
Arginine	g	0.085	--	--	0.575	0.142
Histidine	g	0.009	--	--	0.058	0.014
Alanine	g	0.103	--	--	0.695	0.172
Aspartic acid	g	0.068	--	--	0.457	0.113
Glutamic acid	g	0.113	--	--	0.760	0.188
Glycine	g	0.245	--	--	1.655	0.409

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Proline	g	0.158	--	--	1.068	0.264
Serine	g	0.034	--	--	0.226	0.056
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0