

Basic Report 19185, Puddings, chocolate, dry mix, instant, prepared with whole milk
Report Date: July 16, 2019 12:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 147g	1 package yield (2 cups) 587g
Proximates				
Water	g	73.60	108.19	432.03
Energy	kcal	111	163	652
Protein	g	3.10	4.56	18.20
Total lipid (fat)	g	3.10	4.56	18.20
Carbohydrate, by difference	g	18.80	27.64	110.36
Fiber, total dietary	g	1.0	1.5	5.9
Minerals				
Calcium, Ca	mg	102	150	599
Iron, Fe	mg	0.29	0.43	1.70
Magnesium, Mg	mg	18	26	106
Phosphorus, P	mg	239	351	1403
Potassium, K	mg	166	244	974
Sodium, Na	mg	284	417	1667
Zinc, Zn	mg	0.42	0.62	2.47
Vitamins				
Vitamin C, total ascorbic acid	mg	0.9	1.3	5.3
Thiamin	mg	0.033	0.049	0.194
Riboflavin	mg	0.141	0.207	0.828
Niacin	mg	0.096	0.141	0.564
Vitamin B-6	mg	0.038	0.056	0.223
Folate, DFE	µg	4	6	23
Vitamin B-12	µg	0.30	0.44	1.76
Vitamin A, RAE	µg	26	38	153
Vitamin A, IU	IU	120	176	704
Lipids				
Fatty acids, total saturated	g	1.830	2.690	10.742

Nutrient	Unit	1 Value Per100 g	0.5 cup 147g	1 package yield (2 cups) 587g
Fatty acids, total monounsaturated	g	0.920	1.352	5.400
Fatty acids, total polyunsaturated	g	0.180	0.265	1.057
Cholesterol	mg	11	16	65
Amino Acids				
Other				
Caffeine	mg	2	3	12