

Basic Report 19188, Puddings, chocolate, dry mix, regular

Report Date: July 27, 2017 14:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package (3.5 oz) 99g	1 portion, amount to make 1/2 cup 25g
Proximates				
Water	g	4.00	3.96	1.00
Energy	kcal	362	358	90
Protein	g	2.60	2.57	0.65
Total lipid (fat)	g	2.10	2.08	0.53
Carbohydrate, by difference	g	89.30	88.41	22.32
Fiber, total dietary	g	4.5	4.5	1.1
Sugars, total	g	42.88	42.45	10.72
Minerals				
Calcium, Ca	mg	53	52	13
Iron, Fe	mg	1.82	1.80	0.46
Magnesium, Mg	mg	67	66	17
Phosphorus, P	mg	88	87	22
Potassium, K	mg	209	207	52
Sodium, Na	mg	479	474	120
Zinc, Zn	mg	0.90	0.89	0.23
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.015	0.015	0.004
Riboflavin	mg	0.071	0.070	0.018
Niacin	mg	0.330	0.327	0.083
Vitamin B-6	mg	0.016	0.016	0.004
Folate, DFE	µg	4	4	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	0.01	0.01	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	0.3	0.3	0.1
Lipids				
Fatty acids, total saturated	g	1.234	1.222	0.308
Fatty acids, total monounsaturated	g	0.703	0.696	0.176
Fatty acids, total polyunsaturated	g	0.079	0.078	0.020
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	11	11	3