

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

Report Date: February 18, 2018 20:36 EST

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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	11	11	3