

## Basic Report 19323, Puddings, coconut cream, dry mix, instant, prepared with whole milk

Report Date: September 18, 2019 08:21 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
<b>Proximates</b>				
Water	g	73.40	107.90	430.86
Energy	kcal	117	172	687
Protein	g	2.90	4.26	17.02
Total lipid (fat)	g	3.50	5.14	20.55
Carbohydrate, by difference	g	19.10	28.08	112.12
Fiber, total dietary	g	0.1	0.1	0.6
<b>Minerals</b>				
Calcium, Ca	mg	100	147	587
Iron, Fe	mg	0.15	0.22	0.88
Magnesium, Mg	mg	14	21	82
Phosphorus, P	mg	200	294	1174
Potassium, K	mg	129	190	757
Sodium, Na	mg	246	362	1444
Zinc, Zn	mg	0.33	0.49	1.94
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.8	1.2	4.7
Thiamin	mg	0.033	0.049	0.194
Riboflavin	mg	0.136	0.200	0.798
Niacin	mg	0.084	0.123	0.493
Vitamin B-6	mg	0.037	0.054	0.217
Folate, DFE	µg	4	6	23
Vitamin B-12	µg	0.30	0.44	1.76
Vitamin A, RAE	µg	24	35	141
Vitamin A, IU	IU	105	154	616
<b>Lipids</b>				
Fatty acids, total saturated	g	2.100	3.087	12.327

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Fatty acids, total monounsaturated	g	0.960	1.411	5.635
Fatty acids, total polyunsaturated	g	0.240	0.353	1.409
Cholesterol	mg	11	16	65
<b>Amino Acids</b>				
<b>Other</b>				