

## Full Report (All Nutrients) 19324, Puddings, coconut cream, dry mix, regular

Report Date: June 19, 2019 22:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (3.12 oz) 88g	1 portion, amount to make 1/2 cup 25g
<b>Proximates</b>						
Water	g	3.70	6	0.050	3.26	0.93
Energy	kcal	434	--	--	382	108
Energy	kJ	1814	--	--	1596	454
Protein	g	1.00	1	--	0.88	0.25
Total lipid (fat)	g	11.36	1	--	10.00	2.84
Ash	g	2.10	6	0.070	1.85	0.53
Carbohydrate, by difference	g	81.84	--	--	72.02	20.46
Fiber, total dietary	g	1.6	--	--	1.4	0.4
Sugars, total	g	80.54	--	--	70.88	20.14
<b>Minerals</b>						
Calcium, Ca	mg	8	--	--	7	2
Iron, Fe	mg	0.57	--	--	0.50	0.14
Magnesium, Mg	mg	15	--	--	13	4
Phosphorus, P	mg	35	--	--	31	9
Potassium, K	mg	133	--	--	117	33
Sodium, Na	mg	682	1	--	600	170
Zinc, Zn	mg	0.35	--	--	0.31	0.09
Copper, Cu	mg	0.143	--	--	0.126	0.036
Manganese, Mn	mg	0.462	--	--	0.407	0.116
Selenium, Se	µg	3.6	--	--	3.2	0.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.3	--	--	0.3	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (3.12 oz) 88g	1 portion, amount to make 1/2 cup 25g
Thiamin	mg	0.010	--	--	0.009	0.003
Riboflavin	mg	0.029	--	--	0.026	0.007
Niacin	mg	0.102	--	--	0.090	0.025
Pantothenic acid	mg	0.135	--	--	0.119	0.034
Vitamin B-6	mg	0.050	--	--	0.044	0.013
Folate, total	µg	2	--	--	2	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	--	--	2	0
Folate, DFE	µg	2	--	--	2	0
Choline, total	mg	3.7	--	--	3.3	0.9
Vitamin B-12	µg	0.00	--	--	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	0.07	--	--	0.06	0.02
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	0.1	--	--	0.1	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	11.364	1	--	10.000	2.841
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.073	--	--	0.064	0.018
8:0	g	0.898	--	--	0.790	0.225
10:0	g	0.713	--	--	0.627	0.178
12:0	g	5.684	--	--	5.002	1.421
14:0	g	2.244	--	--	1.975	0.561

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (3.12 oz) 88g	1 portion, amount to make 1/2 cup 25g
16:0	g	1.088	--	--	0.957	0.272
18:0	g	0.663	--	--	0.583	0.166
Fatty acids, total monounsaturated	g	0.000	--	--	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	--	--	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	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0