

Basic Report 19365, Toppings, marshmallow cream

Report Date: July 19, 2019 06:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 jar 198g
Proximates				
Water	g	19.80	5.61	39.20
Energy	kcal	322	91	638
Protein	g	0.80	0.23	1.58
Total lipid (fat)	g	0.30	0.09	0.59
Carbohydrate, by difference	g	79.00	22.40	156.42
Fiber, total dietary	g	0.1	0.0	0.2
Sugars, total	g	46.80	13.27	92.66
Minerals				
Calcium, Ca	mg	3	1	6
Iron, Fe	mg	0.22	0.06	0.44
Magnesium, Mg	mg	2	1	4
Phosphorus, P	mg	8	2	16
Potassium, K	mg	5	1	10
Sodium, Na	mg	80	23	158
Zinc, Zn	mg	0.04	0.01	0.08
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.001	0.000	0.002
Riboflavin	mg	0.001	0.000	0.002
Niacin	mg	0.076	0.022	0.150
Vitamin B-6	mg	0.002	0.001	0.004
Folate, DFE	µg	1	0	2
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	1	0	2
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	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	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.056	0.016	0.111
Fatty acids, total monounsaturated	g	0.080	0.023	0.158
Fatty acids, total polyunsaturated	g	0.047	0.013	0.093
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0