

Basic Report 19702, Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Report Date: July 23, 2017 08:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package (3 oz) 85g	1 portion, amount to make 1/2 cup 21g
Proximates				
Water	g	1.00	0.85	0.21
Energy	kcal	381	324	80
Protein	g	7.80	6.63	1.64
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	90.50	76.92	19.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	3	3	1
Iron, Fe	mg	0.15	0.13	0.03
Magnesium, Mg	mg	2	2	0
Phosphorus, P	mg	142	121	30
Potassium, K	mg	7	6	1
Sodium, Na	mg	491	417	103
Zinc, Zn	mg	0.01	0.01	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	62.8	53.4	13.2
Thiamin	mg	0.002	0.002	0.000
Riboflavin	mg	0.021	0.018	0.004
Niacin	mg	0.008	0.007	0.002
Vitamin B-6	mg	0.010	0.009	0.002
Folate, DFE	µg	3	3	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
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000

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Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0