

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

Report Date: September 22, 2017 02:10 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000

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Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0