

Basic Report 19705, Puddings, banana, dry mix, instant, with added oil

Report Date: December 12, 2017 22:20 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package (3.5 oz) 99g	1 portion, amount to make 1/2 cup 25g
Proximates				
Water	g	2.80	2.77	0.70
Energy	kcal	386	382	96
Protein	g	0.00	0.00	0.00
Total lipid (fat)	g	4.40	4.36	1.10
Carbohydrate, by difference	g	89.00	88.11	22.25
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	6	6	2
Iron, Fe	mg	0.12	0.12	0.03
Magnesium, Mg	mg	2	2	0
Phosphorus, P	mg	804	796	201
Potassium, K	mg	15	15	4
Sodium, Na	mg	1499	1484	375
Zinc, Zn	mg	0.04	0.04	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.001	0.001	0.000
Riboflavin	mg	0.003	0.003	0.001
Niacin	mg	0.002	0.002	0.000
Vitamin B-6	mg	0.001	0.001	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.01	0.01	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.790	0.782	0.198

Nutrient	Unit	1 Value Per100 g	1 package (3.5 oz) 99g	1 portion, amount to make 1/2 cup 25g
Fatty acids, total monounsaturated	g	1.300	1.287	0.325
Fatty acids, total polyunsaturated	g	2.120	2.099	0.530
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0