

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

Report Date: October 21, 2017 15:36 EDT

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 |

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|------------------------------------|-------------|---------------------------------|-----------------------------------|--|
| 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 |