

## Basic Report 19921, Candies, Tamarind

Report Date: June 15, 2019 20:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 14g
<b>Proximates</b>			
Water	g	2.52	0.35
Energy	kcal	331	46
Protein	g	0.00	0.00
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	91.96	12.87
Fiber, total dietary	g	2.5	0.3
Sugars, total	g	78.57	11.00
<b>Minerals</b>			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	45	6
Phosphorus, P	mg	56	8
Potassium, K	mg	309	43
Sodium, Na	mg	1643	230
Zinc, Zn	mg	0.08	0.01
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.212	0.030
Riboflavin	mg	0.085	0.012
Niacin	mg	0.950	0.133
Vitamin B-6	mg	0.032	0.004
Folate, DFE	µg	7	1
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	1	0
Vitamin A, IU	IU	15	2
Vitamin E (alpha-tocopherol)	mg	0.05	0.01

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 14g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.4	0.2
<b>Lipids</b>			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0