

## Basic Report 01071, Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk

Report Date: November 23, 2017 22:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 80g	1 tbsp 4g	1 package yields 160g
<b>Proximates</b>					
Water	g	65.74	52.59	2.63	105.18
Energy	kcal	194	155	8	310
Protein	g	3.61	2.89	0.14	5.78
Total lipid (fat)	g	12.72	10.18	0.51	20.35
Carbohydrate, by difference	g	17.13	13.70	0.69	27.41
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	17.13	13.70	0.69	27.41
<b>Minerals</b>					
Calcium, Ca	mg	90	72	4	144
Iron, Fe	mg	0.04	0.03	0.00	0.06
Magnesium, Mg	mg	10	8	0	16
Phosphorus, P	mg	86	69	3	138
Potassium, K	mg	151	121	6	242
Sodium, Na	mg	66	53	3	106
Zinc, Zn	mg	0.27	0.22	0.01	0.43
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.7	0.6	0.0	1.1
Thiamin	mg	0.027	0.022	0.001	0.043
Riboflavin	mg	0.117	0.094	0.005	0.187
Niacin	mg	0.060	0.048	0.002	0.096
Vitamin B-6	mg	0.030	0.024	0.001	0.048
Folate, DFE	µg	4	3	0	6
Vitamin B-12	µg	0.26	0.21	0.01	0.42
Vitamin A, RAE	µg	34	27	1	54
Vitamin A, IU	IU	120	96	5	192
Vitamin E (alpha-tocopherol)	mg	0.45	0.36	0.02	0.72

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Vitamin D (D2 + D3)	µg	0.9	0.7	0.0	1.4
Vitamin D	IU	38	30	2	61
Vitamin K (phylloquinone)	µg	2.7	2.2	0.1	4.3
<b>Lipids</b>					
Fatty acids, total saturated	g	10.684	8.547	0.427	17.094
Fatty acids, total monounsaturated	g	0.843	0.674	0.034	1.349
Fatty acids, total polyunsaturated	g	0.201	0.161	0.008	0.322
Cholesterol	mg	10	8	0	16
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0