

Basic Report 01072, Dessert topping, pressurized

Report Date: October 18, 2017 05:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 70g	1 tbsp 4g
Proximates				
Water	g	60.37	42.26	2.41
Energy	kcal	264	185	11
Protein	g	0.98	0.69	0.04
Total lipid (fat)	g	22.30	15.61	0.89
Carbohydrate, by difference	g	16.07	11.25	0.64
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	16.07	11.25	0.64
Minerals				
Calcium, Ca	mg	5	4	0
Iron, Fe	mg	0.02	0.01	0.00
Magnesium, Mg	mg	1	1	0
Phosphorus, P	mg	18	13	1
Potassium, K	mg	19	13	1
Sodium, Na	mg	62	43	2
Zinc, Zn	mg	0.01	0.01	0.00
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	0.000	0.000	0.000
Niacin	mg	0.000	0.000	0.000
Vitamin B-6	mg	0.000	0.000	0.000
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	3	0
Vitamin A, IU	IU	78	55	3
Vitamin E (alpha-tocopherol)	mg	0.85	0.59	0.03

Nutrient	Unit	1 Value Per100 g	1 cup 70g	1 tbsp 4g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	5.5	3.9	0.2
Lipids				
Fatty acids, total saturated	g	18.912	13.238	0.756
Fatty acids, total monounsaturated	g	1.927	1.349	0.077
Fatty acids, total polyunsaturated	g	0.241	0.169	0.010
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0