

Basic Report 21127, Fast foods, coleslaw

Report Date: July 18, 2019 10:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 191g	1 package 116g
Proximates				
Water	g	73.42	140.23	85.17
Energy	kcal	153	292	177
Protein	g	0.95	1.81	1.10
Total lipid (fat)	g	9.91	18.93	11.50
Carbohydrate, by difference	g	14.89	28.44	17.27
Fiber, total dietary	g	1.9	3.6	2.2
Sugars, total	g	12.19	23.28	14.14
Minerals				
Calcium, Ca	mg	30	57	35
Iron, Fe	mg	0.22	0.42	0.26
Magnesium, Mg	mg	8	15	9
Phosphorus, P	mg	20	38	23
Potassium, K	mg	129	246	150
Sodium, Na	mg	203	388	235
Zinc, Zn	mg	0.14	0.27	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	14.6	27.9	16.9
Thiamin	mg	0.026	0.050	0.030
Riboflavin	mg	0.020	0.038	0.023
Niacin	mg	0.206	0.393	0.239
Vitamin B-6	mg	0.112	0.214	0.130
Vitamin B-12	µg	0.01	0.02	0.01
Vitamin A, RAE	µg	28	53	32
Vitamin A, IU	IU	95	181	110
Vitamin E (alpha-tocopherol)	mg	0.54	1.03	0.63
Vitamin K (phylloquinone)	µg	70.9	135.4	82.2

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Lipids				
Fatty acids, total saturated	g	1.599	3.054	1.855
Fatty acids, total monounsaturated	g	2.671	5.102	3.098
Fatty acids, total polyunsaturated	g	5.348	10.215	6.204
Fatty acids, total trans	g	0.037	0.071	0.043
Cholesterol	mg	4	8	5

Amino Acids

Other