



GFS/Crown Salad Style Mustard - 100 Grams

Nutrient Analysis

Source: Custom

Yield: 19789.4 (100.000 gram(s))

No. Ingredients: 5

Category: Accompaniment, Condiment

Manufacturer: Woeber Mustard Company

Nutrient Goal Template:

DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	100.000	g		
Kilocalories	77.198	kcal	2000.000	4 %
Protein	3.675	g	50.000	7 %
Carbohydrate	5.555	g	300.000	2 %
Fat, Total	4.242	g	65.000	7 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	0.231	g	20.000	1 %
Monounsaturated Fat	2.896	g		
Polyunsaturated Fat	0.797	g		
MFA 18:1, Oleic	0.869	g		
PFA 18:2, Linoleic	0.387	g		
PFA 18:3, Linolenic	0.393	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	1556.947	mg	2400.000	65 %
Potassium	114.899	mg	3500.000	3 %
Vitamin A (RE)	0.913	RE		
Vitamin A (IU)	9.123	IU	5000.000	0 %
Vitamin A (RAE)	0.000	µg		
Beta-Carotene	0.000	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	0.000	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	0.684	mg	60.000	1 %
Calcium	79.189	mg	1000.000	8 %
Iron	1.801	mg	18.000	10 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)	0.365	mg	20.000	2 %
Vitamin E (IU)	0.543	IU	30.000	2 %
Alpha-Tocopherol	0.000	mg		
Thiamin	0.179	mg	1.500	12 %
Riboflavin	0.155	mg	1.700	9 %
Niacin	1.277	mg	20.000	6 %
Pyridoxine (Vitamin B6)	0.200	mg	2.000	10 %
Folate (Total)	11.285	µg	400.000	3 %
Folate (DFE)	0.000	µg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin			300.000	
Pantothenic Acid	0.000	mg	10.000	0 %
Vitamin K	0.000	µg	80.000	0 %

Nutrient	Value	Unit	Goal	%
Phosphorus	123.990	mg	1000.000	12 %
Iodine		µg	150.000	
Magnesium	45.192	mg	400.000	11 %
Zinc	0.860	mg	15.000	6 %
Copper	0.068	mg	2.000	3 %
Manganese	0.308	mg	2.000	15 %
Selenium	19.477	µg	70.000	28 %
Fluoride	49.592	µg		
Chromium		mg	0.120	
Molybdenum		µg	75.000	
Dietary Fiber, Total	2.177	g	25.000	9 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.000	g		
Sugar, Total	0.099	g		
Glucose	0.000	g		
Galactose	0.000	g		
Fructose	0.000	g		
Sucrose	0.000	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	76.558	mg		
Threonine	159.376	mg		
Isoleucine	157.338	mg		
Leucine	259.513	mg		
Lysine	221.088	mg		
Methionine	69.863	mg		
Cystine	84.709	mg		
Phenylalanine	155.301	mg		
Tyrosine	108.288	mg		
Valine	192.852	mg		
Arginine	254.709	mg		
Histidine	110.908	mg		
Alanine	172.766	mg		
Aspartic Acid	286.294	mg		
Glutamic Acid	724.685	mg		
Glycine	190.959	mg		
Proline	282.946	mg		
Serine	157.338	mg		
Moisture	79.897	g		
Ash	4.853	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	19.6%
Carbohydrate	29.6%
Fat, total	50.8%
Alcohol	0.0%