

Basic Report 19120, Candies, milk chocolate

Report Date: June 17, 2017 15:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar, miniature 7g	1 bar (1.55 oz) 44g	1 cup chips 168g
Proximates					
Water	g	1.50	0.10	0.66	2.52
Energy	kcal	535	37	235	899
Protein	g	7.65	0.54	3.37	12.85
Total lipid (fat)	g	29.66	2.08	13.05	49.83
Carbohydrate, by difference	g	59.40	4.16	26.14	99.79
Fiber, total dietary	g	3.4	0.2	1.5	5.7
Sugars, total	g	51.50	3.60	22.66	86.52
Minerals					
Calcium, Ca	mg	189	13	83	318
Iron, Fe	mg	2.35	0.16	1.03	3.95
Magnesium, Mg	mg	63	4	28	106
Phosphorus, P	mg	208	15	92	349
Potassium, K	mg	372	26	164	625
Sodium, Na	mg	79	6	35	133
Zinc, Zn	mg	2.30	0.16	1.01	3.86
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.112	0.008	0.049	0.188
Riboflavin	mg	0.298	0.021	0.131	0.501
Niacin	mg	0.386	0.027	0.170	0.648
Vitamin B-6	mg	0.036	0.003	0.016	0.060
Folate, DFE	µg	11	1	5	18
Vitamin B-12	µg	0.75	0.05	0.33	1.26
Vitamin A, RAE	µg	59	4	26	99
Vitamin A, IU	IU	195	14	86	328
Vitamin E (alpha-tocopherol)	mg	0.51	0.04	0.22	0.86

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	5.7	0.4	2.5	9.6
Lipids					
Fatty acids, total saturated	g	18.509	1.296	8.144	31.095
Fatty acids, total monounsaturated	g	7.186	0.503	3.162	12.072
Fatty acids, total polyunsaturated	g	1.376	0.096	0.605	2.312
Cholesterol	mg	23	2	10	39
Amino Acids					
Other					
Caffeine	mg	20	1	9	34