

Basic Report 01244, Milk dessert bar, frozen, made from lowfat milk

Report Date: January 28, 2015 23:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Proximates			
Water	g	61.43	41.77
Energy	kcal	147	100
Protein	g	4.41	3.00
Total lipid (fat)	g	1.47	1.00
Carbohydrate, by difference	g	33.09	22.50
Fiber, total dietary	g	6.6	4.5
Sugars, total	g	22.06	15.00
Minerals			
Calcium, Ca	mg	184	125
Iron, Fe	mg	0.53	0.36
Magnesium, Mg	mg	20	14
Phosphorus, P	mg	83	56
Potassium, K	mg	316	215
Sodium, Na	mg	92	63
Zinc, Zn	mg	0.43	0.29
Vitamins			
Vitamin C, total ascorbic acid	mg	0.9	0.6
Thiamin	mg	0.023	0.016
Riboflavin	mg	0.129	0.088
Niacin	mg	0.126	0.086
Vitamin B-6	mg	0.023	0.016
Folate, DFE	µg	4	3
Vitamin B-12	µg	0.14	0.10
Vitamin A, RAE	µg	71	48
Vitamin A, IU	IU	424	288
Vitamin E (alpha-tocopherol)	mg	0.20	0.14

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	5	3
Vitamin K (phylloquinone)	µg	0.6	0.4
Lipids			
Fatty acids, total saturated	g	0.810	0.551
Fatty acids, total monounsaturated	g	0.462	0.314
Fatty acids, total polyunsaturated	g	0.052	0.035
Cholesterol	mg	7	5
Other			
Caffeine	mg	2	1