

Basic Report 19249, Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Report Date: January 31, 2015 14:13 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 serving 1.5 oz 42g
Proximates			
Water	g	1.60	0.67
Energy	kcal	521	219
Protein	g	9.53	4.00
Total lipid (fat)	g	31.34	13.16
Carbohydrate, by difference	g	55.38	23.26
Fiber, total dietary	g	3.3	1.4
Sugars, total	g	40.33	16.94
Minerals			
Calcium, Ca	mg	70	29
Iron, Fe	mg	1.30	0.55
Magnesium, Mg	mg	49	21
Phosphorus, P	mg	144	60
Potassium, K	mg	295	124
Sodium, Na	mg	264	111
Zinc, Zn	mg	0.99	0.42
Vitamins			
Vitamin C, total ascorbic acid	mg	0.6	0.3
Thiamin	mg	0.130	0.055
Riboflavin	mg	0.100	0.042
Niacin	mg	3.640	1.529
Vitamin B-6	mg	0.080	0.034
Folate, DFE	µg	40	17
Vitamin B-12	µg	0.15	0.06
Vitamin A, RAE	µg	14	6
Vitamin A, IU	IU	58	24
Vitamin E (alpha-tocopherol)	mg	2.77	1.16

Nutrient	Unit	1 Value Per100 g	1 serving 1.5 oz 42g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	5.9	2.5
Lipids			
Fatty acids, total saturated	g	13.210	5.548
Fatty acids, total monounsaturated	g	10.820	4.544
Fatty acids, total polyunsaturated	g	4.680	1.966
Cholesterol	mg	6	3
Other			
Caffeine	mg	0	0