

**Basic Report 19015, Snacks, granola bars, hard, plain**
**Report Date: September 24, 2019 05:43 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 21g	1 bar (1 oz) 28g	1 bar 25g
<b>Proximates</b>					
Water	g	3.90	0.82	1.09	0.97
Energy	kcal	471	99	132	118
Protein	g	10.10	2.12	2.83	2.52
Total lipid (fat)	g	19.80	4.16	5.54	4.95
Carbohydrate, by difference	g	64.40	13.52	18.03	16.10
Fiber, total dietary	g	5.3	1.1	1.5	1.3
Sugars, total	g	28.57	6.00	8.00	7.14
<b>Minerals</b>					
Calcium, Ca	mg	61	13	17	15
Iron, Fe	mg	2.95	0.62	0.83	0.74
Magnesium, Mg	mg	97	20	27	24
Phosphorus, P	mg	277	58	78	69
Potassium, K	mg	336	71	94	84
Sodium, Na	mg	294	62	82	74
Zinc, Zn	mg	2.03	0.43	0.57	0.51
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.9	0.2	0.3	0.2
Thiamin	mg	0.264	0.055	0.074	0.066
Riboflavin	mg	0.119	0.025	0.033	0.030
Niacin	mg	1.581	0.332	0.443	0.395
Vitamin B-6	mg	0.085	0.018	0.024	0.021
Folate, DFE	µg	23	5	6	6
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	2	0	1	0
Vitamin A, IU	IU	33	7	9	8
Vitamin E (alpha-tocopherol)	mg	2.09	0.44	0.59	0.52

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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	14.6	3.1	4.1	3.6
<b>Lipids</b>					
Fatty acids, total saturated	g	2.370	0.498	0.664	0.593
Fatty acids, total monounsaturated	g	4.380	0.920	1.226	1.095
Fatty acids, total polyunsaturated	g	12.050	2.530	3.374	3.013
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0