

Basic Report 19155, Candies, MARS SNACKFOOD US, SNICKERS Bar

Report Date: August 18, 2019 00:53 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 bar (2 oz) 57g | 1 bar, fun size 15g | 1 bar, king size (4 oz) 113g |
|--------------------------------|------|------------------------|---------------------|------------------------|---------------------------------|
| Proximates | | | | | |
| Water | g | 5.55 | 3.16 | 0.83 | 6.27 |
| Energy | kcal | 491 | 280 | 74 | 555 |
| Protein | g | 7.53 | 4.29 | 1.13 | 8.51 |
| Total lipid (fat) | g | 23.85 | 13.59 | 3.58 | 26.95 |
| Carbohydrate, by difference | g | 61.51 | 35.06 | 9.23 | 69.51 |
| Fiber, total dietary | g | 2.3 | 1.3 | 0.3 | 2.6 |
| Sugars, total | g | 50.47 | 28.77 | 7.57 | 57.03 |
| Minerals | | | | | |
| Calcium, Ca | mg | 93 | 53 | 14 | 105 |
| Iron, Fe | mg | 0.72 | 0.41 | 0.11 | 0.81 |
| Magnesium, Mg | mg | 72 | 41 | 11 | 81 |
| Phosphorus, P | mg | 190 | 108 | 28 | 215 |
| Potassium, K | mg | 323 | 184 | 48 | 365 |
| Sodium, Na | mg | 239 | 136 | 36 | 270 |
| Zinc, Zn | mg | 2.50 | 1.43 | 0.38 | 2.83 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | 0.3 | 0.1 | 0.6 |
| Thiamin | mg | 0.060 | 0.034 | 0.009 | 0.068 |
| Riboflavin | mg | 0.130 | 0.074 | 0.020 | 0.147 |
| Niacin | mg | 3.600 | 2.052 | 0.540 | 4.068 |
| Vitamin B-6 | mg | 0.090 | 0.051 | 0.013 | 0.102 |
| Folate, DFE | µg | 31 | 18 | 5 | 35 |
| Vitamin B-12 | µg | 0.16 | 0.09 | 0.02 | 0.18 |
| Vitamin A, RAE | µg | 46 | 26 | 7 | 52 |
| Vitamin A, IU | IU | 161 | 92 | 24 | 182 |
| Vitamin E (alpha-tocopherol) | mg | 1.50 | 0.85 | 0.23 | 1.70 |

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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 | 1.9 | 1.1 | 0.3 | 2.1 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | 9.069 | 5.169 | 1.360 | 10.248 |
| Fatty acids, total monounsaturated | g | 7.875 | 4.489 | 1.181 | 8.899 |
| Fatty acids, total polyunsaturated | g | 3.014 | 1.718 | 0.452 | 3.406 |
| Fatty acids, total trans | g | 0.436 | 0.249 | 0.065 | 0.493 |
| Cholesterol | mg | 13 | 7 | 2 | 15 |
| Amino Acids | | | | | |
| Other | | | | | |
| Caffeine | mg | 8 | 5 | 1 | 9 |