

Basic Report 19248, Candies, HERSHEY'S, ALMOND JOY BITES

Report Date: October 17, 2018 20:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	18.0 pieces 40g
Proximates			
Water	g	1.26	0.50
Energy	kcal	563	225
Protein	g	5.58	2.23
Total lipid (fat)	g	34.50	13.80
Carbohydrate, by difference	g	57.54	23.02
Fiber, total dietary	g	4.3	1.7
Sugars, total	g	51.71	20.68
Minerals			
Calcium, Ca	mg	109	44
Iron, Fe	mg	1.33	0.53
Magnesium, Mg	mg	38	15
Phosphorus, P	mg	129	52
Potassium, K	mg	306	122
Sodium, Na	mg	39	16
Zinc, Zn	mg	0.79	0.32
Vitamins			
Vitamin C, total ascorbic acid	mg	1.0	0.4
Thiamin	mg	0.040	0.016
Riboflavin	mg	0.160	0.064
Niacin	mg	0.330	0.132
Vitamin B-6	mg	0.060	0.024
Vitamin A, IU	IU	117	47
Lipids			
Fatty acids, total saturated	g	20.600	8.240
Fatty acids, total monounsaturated	g	8.850	3.540
Fatty acids, total polyunsaturated	g	1.460	0.584

Nutrient	Unit	1 Value Per100 g	18.0 pieces 40g	
Cholesterol	mg	11		4
Amino Acids				
Other				