

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

Report Date: July 24, 2017 20:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 68g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 bar 68g</b>
Vitamin D (D2 + D3)	µg	0.1	0.1
Vitamin D	IU	5	3
Vitamin K (phylloquinone)	µg	0.6	0.4
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	2	1