

Basic Report 03000, Clif Z bar

Report Date: June 19, 2019 15:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 36g
Proximates			
Water	g	7.74	2.79
Energy	kcal	416	150
Protein	g	5.55	2.00
Total lipid (fat)	g	9.72	3.50
Carbohydrate, by difference	g	74.72	26.90
Fiber, total dietary	g	8.3	3.0
Sugars, total	g	30.56	11.00
Minerals			
Calcium, Ca	mg	444	160
Iron, Fe	mg	2.70	0.97
Magnesium, Mg	mg	82	30
Phosphorus, P	mg	244	88
Potassium, K	mg	333	120
Sodium, Na	mg	375	135
Zinc, Zn	mg	1.15	0.41
Vitamins			
Vitamin C, total ascorbic acid	mg	39.1	14.1
Thiamin	mg	0.411	0.148
Riboflavin	mg	0.100	0.036
Niacin	mg	0.478	0.172
Vitamin B-6	mg	0.073	0.026
Folate, DFE	µg	31	11
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	7	3
Vitamin E (alpha-tocopherol)	mg	0.98	0.35

Nutrient	Unit	1 Value Per100 g	1 bar 36g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	8.7	3.1
Lipids			
Fatty acids, total saturated	g	2.721	0.980
Fatty acids, total monounsaturated	g	2.447	0.881
Fatty acids, total polyunsaturated	g	3.319	1.195
Fatty acids, total trans	g	0.013	0.005
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	1	0