

**Statistics Report 03000, Clif Z bar**
**Report Date: July 17, 2019 23:11 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water	g	7.74	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Energy	kcal	416	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2017
Energy	kJ	1739	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2017
Protein	g	5.55	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Total lipid (fat)	g	9.72	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Ash	g	2.26	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Carbohydrate, by difference	g	74.72	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Fiber, total dietary	g	8.3	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Sugars, total	g	30.56	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015

**Minerals**

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	444	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Iron, Fe	mg	2.70	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Magnesium, Mg	mg	82	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Phosphorus, P	mg	244	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Potassium, K	mg	333	--	--	0	0	--	--	--	--	Calculated from nutrient label by NDL	--	08/2015
Sodium, Na	mg	375	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Zinc, Zn	mg	1.15	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Copper, Cu	mg	0.187	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Manganese, Mn	mg	1.748	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Selenium, Se	µg	14.8	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Fluoride, F	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	39.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Thiamin	mg	0.411	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Riboflavin	mg	0.100	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Niacin	mg	0.478	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid	mg	0.588	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin B-6	mg	0.073	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Folate, total	µg	20	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Folic acid	µg	16	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, food	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Folate, DFE	µg	31	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Choline, total	mg	22.5	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Betaine	mg	6.1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin A, RAE	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Retinol	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Carotene, beta	µg	4	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin A, IU	IU	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Lutein + zeaxanthin	µg	61	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Vitamin E (alpha-tocopherol)	mg	0.98	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E, added	mg	0.53	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2016
Tocopherol, beta	mg	0.04	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Tocopherol, gamma	mg	0.75	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Tocopherol, delta	mg	0.22	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Tocotrienol, alpha	mg	0.65	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Tocotrienol, beta	mg	0.02	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Tocotrienol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Tocotrienol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Vitamin K (phylloquinone)	µg	8.7	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
<b>Lipids</b>													
Fatty acids, total saturated	g	2.721	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
4:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
6:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
8:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
10:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
12:0	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
13:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
14:0	g	0.011	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
15:0	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
16:0	g	1.532	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
17:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
18:0	g	1.156	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
20:0	g	0.005	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
22:0	g	0.007	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
24:0	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Fatty acids, total monounsaturated	g	2.447	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
14:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
15:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
16:1 undifferentiated	g	0.023	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
17:1	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
18:1 undifferentiated	g	2.420	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
20:1	g	0.003	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
24:1 c	g	0.001	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total polyunsaturated	g	3.319	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
18:2 undifferentiated	g	2.860	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
18:3 undifferentiated	g	0.455	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
20:2 n-6 c,c	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
20:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
20:4 undifferentiated	g	0.004	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans	g	0.013	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Phytosterols	mg	7	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Stigmasterol	mg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Campesterol	mg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Beta-sitosterol	mg	2	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
<b>Amino Acids</b>													
Tryptophan	g	0.105	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Threonine	g	0.164	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Isoleucine	g	0.216	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Leucine	g	0.432	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Lysine	g	0.242	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Methionine	g	0.107	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.179	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Phenylalanine	g	0.287	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Tyrosine	g	0.208	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Valine	g	0.307	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Arginine	g	0.420	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Histidine	g	0.131	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Alanine	g	0.278	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Aspartic acid	g	0.515	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Glutamic acid	g	1.198	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Glycine	g	0.305	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Proline	g	0.311	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Serine	g	0.282	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
Hydroxyproline	g	0.002	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Caffeine	mg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2015
Theobromine	mg	9	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2015