

## Basic Report 19093, Candies, SYMPHONY Milk Chocolate Bar

Report Date: December 16, 2018 03:22 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 1.5 oz 42g	1 bar 2.4 oz 68g
<b>Proximates</b>				
Water	g	0.94	0.39	0.64
Energy	kcal	531	223	361
Protein	g	8.51	3.57	5.79
Total lipid (fat)	g	30.57	12.84	20.79
Carbohydrate, by difference	g	58.01	24.36	39.45
Fiber, total dietary	g	1.7	0.7	1.2
Sugars, total	g	53.96	22.66	36.69
<b>Minerals</b>				
Calcium, Ca	mg	251	105	171
Iron, Fe	mg	0.91	0.38	0.62
Phosphorus, P	mg	206	87	140
Potassium, K	mg	438	184	298
Sodium, Na	mg	101	42	69
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	2.2	0.9	1.5
Vitamin A, IU	IU	229	96	156
<b>Lipids</b>				
Fatty acids, total saturated	g	18.340	7.703	12.471
Fatty acids, total monounsaturated	g	7.910	3.322	5.379
Fatty acids, total polyunsaturated	g	0.690	0.290	0.469
Cholesterol	mg	24	10	16
<b>Amino Acids</b>				
<b>Other</b>				