

Basic Report 19141, Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies
Report Date: June 20, 2019 20:15 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 package (1.69 oz) 48g	1 box (1.48 oz) 42g	1 cup 208g	1 serving 21g	10.0 pieces 7g
Proximates							
Water	g	1.70	0.82	0.71	3.54	0.36	0.12
Energy	kcal	492	236	207	1023	103	34
Protein	g	4.33	2.08	1.82	9.01	0.91	0.30
Total lipid (fat)	g	21.13	10.14	8.87	43.95	4.44	1.48
Carbohydrate, by difference	g	71.19	34.17	29.90	148.08	14.95	4.98
Fiber, total dietary	g	2.8	1.3	1.2	5.8	0.6	0.2
Sugars, total	g	63.68	30.57	26.75	132.45	13.37	4.46
Minerals							
Calcium, Ca	mg	105	50	44	218	22	7
Iron, Fe	mg	1.11	0.53	0.47	2.31	0.23	0.08
Magnesium, Mg	mg	44	21	18	92	9	3
Phosphorus, P	mg	146	70	61	304	31	10
Potassium, K	mg	261	125	110	543	55	18
Sodium, Na	mg	61	29	26	127	13	4
Zinc, Zn	mg	1.61	0.77	0.68	3.35	0.34	0.11
Vitamins							
Vitamin C, total ascorbic acid	mg	0.5	0.2	0.2	1.0	0.1	0.0
Thiamin	mg	0.079	0.038	0.033	0.164	0.017	0.006
Riboflavin	mg	0.213	0.102	0.089	0.443	0.045	0.015
Niacin	mg	0.270	0.130	0.113	0.562	0.057	0.019
Vitamin B-6	mg	0.025	0.012	0.011	0.052	0.005	0.002
Folate, DFE	µg	8	4	3	17	2	1
Vitamin B-12	µg	0.53	0.25	0.22	1.10	0.11	0.04
Vitamin A, RAE	µg	56	27	24	116	12	4
Vitamin A, IU	IU	187	90	79	389	39	13
Vitamin E (alpha-tocopherol)	mg	0.36	0.17	0.15	0.75	0.08	0.03

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	4.0	1.9	1.7	8.3	0.8	0.3
Lipids							
Fatty acids, total saturated	g	13.080	6.278	5.494	27.206	2.747	0.916
Fatty acids, total monounsaturated	g	5.183	2.488	2.177	10.781	1.088	0.363
Fatty acids, total polyunsaturated	g	0.921	0.442	0.387	1.916	0.193	0.064
Fatty acids, total trans	g	0.167	0.080	0.070	0.347	0.035	0.012
Cholesterol	mg	14	7	6	29	3	1
Amino Acids							
Other							
Caffeine	mg	14	7	6	29	3	1