

Full Report (All Nutrients) 19141, Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies

Report Date: July 15, 2019 20:50 EDT

Nutrient values and weights are for edible portion.

Food Group : Sweets

Nitrogen to Protein Conversion Factor:6.25

Manufacturer Masterfoods USA

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1	kcal	492	1	--	236	207	1023	103	34
Energy	kJ	2057	--	--	987	864	4279	432	144
Protein 1	g	4.33	1	--	2.08	1.82	9.01	0.91	0.30
Total lipid (fat) 1	g	21.13	1	--	10.14	8.87	43.95	4.44	1.48
Ash	g	1.63	--	--	0.78	0.68	3.39	0.34	0.11
Carbohydrate, by difference 1	g	71.19	1	--	34.17	29.90	148.08	14.95	4.98
Fiber, total dietary 1	g	2.8	1	--	1.3	1.2	5.8	0.6	0.2
Sugars, total 1	g	63.68	1	--	30.57	26.75	132.45	13.37	4.46
Minerals									
Calcium, Ca 1	mg	105	1	--	50	44	218	22	7
Iron, Fe 1	mg	1.11	1	--	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 1	mg	61	1	--	29	26	127	13	4
Zinc, Zn	mg	1.61	--	--	0.77	0.68	3.35	0.34	0.11
Copper, Cu	mg	0.344	--	--	0.165	0.144	0.716	0.072	0.024
Manganese, Mn	mg	0.329	--	--	0.158	0.138	0.684	0.069	0.023
Selenium, Se	µg	3.3	--	--	1.6	1.4	6.9	0.7	0.2
Fluoride, F 2	µg	17.5	2	--	8.4	7.3	36.4	3.7	1.2

Vitamins

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 package (1.69 oz) 48g	1 box (1.48 oz) 42g	1 cup 208g	1 serving 21g	10.0 pieces 7g
Vitamin C, total ascorbic acid 1	mg	0.5	1	--	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
Pantothenic acid	mg	0.330	--	--	0.158	0.139	0.686	0.069	0.023
Vitamin B-6	mg	0.025	--	--	0.012	0.011	0.052	0.005	0.002
Folate, total	µg	8	--	--	4	3	17	2	1
Folic acid	µg	0	--	--	0	0	0	0	0
Folate, food	µg	8	--	--	4	3	17	2	1
Folate, DFE	µg	8	--	--	4	3	17	2	1
Choline, total 3	mg	21.7	2	--	10.4	9.1	45.1	4.6	1.5
Betaine 3	mg	0.8	2	--	0.4	0.3	1.7	0.2	0.1
Vitamin B-12	µg	0.53	--	--	0.25	0.22	1.10	0.11	0.04
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	56	--	--	27	24	116	12	4
Retinol	µg	56	--	--	27	24	116	12	4
Carotene, beta	µg	0	--	--	0	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0	0
Vitamin A, IU 1	IU	187	--	--	90	79	389	39	13
Lycopene	µg	0	--	--	0	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.36	--	--	0.17	0.15	0.75	0.08	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00
Tocopherol, gamma	mg	0.64	--	--	0.31	0.27	1.33	0.13	0.04
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
4:0	g	0.462	--	--	0.222	0.194	0.961	0.097	0.032
6:0	g	0.167	--	--	0.080	0.070	0.347	0.035	0.012

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8:0	g	0.095	--	--	0.046	0.040	0.198	0.020	0.007
10:0	g	0.181	--	--	0.087	0.076	0.376	0.038	0.013
12:0	g	0.199	--	--	0.096	0.084	0.414	0.042	0.014
13:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
14:0	g	0.609	--	--	0.292	0.256	1.267	0.128	0.043
15:0	g	0.063	--	--	0.030	0.026	0.131	0.013	0.004
16:0	g	5.465	--	--	2.623	2.295	11.367	1.148	0.383
17:0	g	0.060	--	--	0.029	0.025	0.125	0.013	0.004
18:0	g	5.605	--	--	2.690	2.354	11.658	1.177	0.392
20:0	g	0.157	--	--	0.075	0.066	0.327	0.033	0.011
22:0	g	0.017	--	--	0.008	0.007	0.035	0.004	0.001
24:0	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	5.183	--	--	2.488	2.177	10.781	1.088	0.363
14:1	g	0.077	--	--	0.037	0.032	0.160	0.016	0.005
15:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated	g	0.147	--	--	0.071	0.062	0.306	0.031	0.010
17:1	g	0.022	--	--	0.011	0.009	0.046	0.005	0.002
18:1 undifferentiated	g	4.937	--	--	2.370	2.074	10.269	1.037	0.346
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
24:1 c	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.921	--	--	0.442	0.387	1.916	0.193	0.064
18:2 undifferentiated	g	0.864	--	--	0.415	0.363	1.797	0.181	0.060
18:3 undifferentiated	g	0.057	--	--	0.027	0.024	0.119	0.012	0.004
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.167	1	--	0.080	0.070	0.347	0.035	0.012
Cholesterol 1	mg	14	1	--	7	6	29	3	1

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Amino Acids									
Other									
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	14	--	--	7	6	29	3	1
Theobromine	mg	143	--	--	69	60	297	30	10

Sources of Data

¹Masterfoods USA MASTERFOODS USA 2006, 2006 Hackettstown NJ

²RD Jackson, EJ Brizendine, SA Kelly, R Hinesley, GK Stookey, AJ Dunipace **The fluoride content of foods and beverages from negligibly and optimally fluoridated communities.**, 2002 Community Dental Oral Epidemiology 30 5 pp.382-391

³Nutrient Data Laboratory, ARS, USDA **Choline Study, Local pickup VPI, NFNAP**, 2006 Beltsville MD