

## Basic Report 19913, Candies, NESTLE, BUTTERFINGER Crisp

Report Date: September 19, 2019 15:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 60g
<b>Proximates</b>			
Water	g	5.05	3.03
Energy	kcal	465	279
Protein	g	6.67	4.00
Total lipid (fat)	g	18.33	11.00
Carbohydrate, by difference	g	68.45	41.07
Fiber, total dietary	g	1.7	1.0
Sugars, total	g	48.33	29.00
<b>Minerals</b>			
Calcium, Ca	mg	33	20
Iron, Fe	mg	0.60	0.36
Magnesium, Mg	mg	89	53
Phosphorus, P	mg	153	92
Potassium, K	mg	429	257
Sodium, Na	mg	13	8
Zinc, Zn	mg	1.23	0.74
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.1	0.1
Thiamin	mg	0.133	0.080
Riboflavin	mg	0.094	0.056
Niacin	mg	2.438	1.463
Vitamin B-6	mg	0.146	0.088
Folate, DFE	µg	25	15
Vitamin B-12	µg	0.05	0.03
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	1	1
Vitamin E (alpha-tocopherol)	mg	1.31	0.79

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 piece 60g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	3.2	1.9
<b>Lipids</b>			
Fatty acids, total saturated	g	10.592	6.355
Fatty acids, total monounsaturated	g	4.465	2.679
Fatty acids, total polyunsaturated	g	2.170	1.302
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	5	3