

Basic Report 19919, Candies, fruit snacks, with high vitamin C

Report Date: September 18, 2019 01:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 44g
Proximates			
Water	g	11.84	5.21
Energy	kcal	352	155
Protein	g	0.08	0.04
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	87.97	38.71
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	68.18	30.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	0.00	0.00
Magnesium, Mg	mg	1	0
Phosphorus, P	mg	3	1
Potassium, K	mg	8	4
Sodium, Na	mg	23	10
Zinc, Zn	mg	0.19	0.08
Vitamins			
Vitamin C, total ascorbic acid	mg	136.4	60.0
Thiamin	mg	0.025	0.011
Riboflavin	mg	0.008	0.004
Niacin	mg	0.008	0.004
Vitamin B-6	mg	0.001	0.000
Folate, DFE	µg	1	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	3	1
Vitamin E (alpha-tocopherol) ^a	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 serving 44g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0

Footnotes

^a Some candies contain added Vitamin E. If vitamin E is added at 25% DV per serving then Vitamin E= 8.4mg/100gm.,