

Basic Report 25003, Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C

Report Date: June 19, 2019 05:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 Roll 23g
Proximates			
Water	g	17.59	4.05
Energy	kcal	359	83
Protein	g	0.46	0.11
Total lipid (fat)	g	6.53	1.50
Carbohydrate, by difference	g	74.64	17.17
Fiber, total dietary	g	3.3	0.8
Sugars, total	g	39.15	9.00
Minerals			
Calcium, Ca	mg	430	99
Iron, Fe	mg	0.56	0.13
Magnesium, Mg	mg	9	2
Phosphorus, P	mg	18	4
Potassium, K	mg	100	23
Sodium, Na	mg	8	2
Zinc, Zn	mg	0.19	0.04
Vitamins			
Vitamin C, total ascorbic acid	mg	260.8	60.0
Thiamin	mg	0.015	0.003
Riboflavin	mg	0.025	0.006
Niacin	mg	0.100	0.023
Vitamin B-6	mg	0.026	0.006
Folate, DFE	µg	2	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.41	0.09

Nutrient	Unit	1 Value Per100 g	1 Roll 23g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.6	0.6
Lipids			
Fatty acids, total saturated	g	5.096	1.172
Fatty acids, total monounsaturated	g	0.753	0.173
Fatty acids, total polyunsaturated	g	0.238	0.055
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0