

Full Report (All Nutrients) 25003, Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C

Report Date: July 16, 2019 06:55 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Nitrogen to Protein Conversion Factor:6.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 Roll 23g
Proximates					
Water	g	17.59	--	--	4.05
Energy	kcal	359	--	--	83
Energy	kJ	1503	--	--	346
Protein	g	0.46	--	--	0.11
Total lipid (fat)	g	6.53	--	--	1.50
Ash	g	0.77	--	--	0.18
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
Copper, Cu	mg	0.114	--	--	0.026
Manganese, Mn	mg	0.082	--	--	0.019
Selenium, Se	µg	1.2	--	--	0.3
Fluoride, F	µg	0.1	--	--	0.0
Vitamins					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 Roll 23g
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
Pantothenic acid	mg	0.043	--	--	0.010
Vitamin B-6	mg	0.026	--	--	0.006
Folate, total	µg	2	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	2	--	--	0
Folate, DFE	µg	2	--	--	0
Choline, total	mg	7.5	--	--	1.7
Betaine	mg	0.0	--	--	0.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	62	--	--	14
Vitamin E (alpha-tocopherol)	mg	0.41	--	--	0.09
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Tocotrienol, alpha	mg	0.00	--	--	0.00
Tocotrienol, beta	mg	0.00	--	--	0.00
Tocotrienol, gamma	mg	0.00	--	--	0.00
Tocotrienol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 Roll 23g
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	2.6	--	--	0.6
Lipids					
Fatty acids, total saturated	g	5.096	--	--	1.172
4:0	g	0.000	--	--	0.000
6:0	g	0.013	--	--	0.003
8:0	g	0.204	--	--	0.047
10:0	g	0.229	--	--	0.053
12:0	g	2.910	--	--	0.669
14:0	g	1.016	--	--	0.234
16:0	g	0.539	--	--	0.124
18:0	g	0.182	--	--	0.042
Fatty acids, total monounsaturated	g	0.753	--	--	0.173
16:1 undifferentiated	g	0.001	--	--	0.000
18:1 undifferentiated	g	0.751	--	--	0.173
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.238	--	--	0.055
18:2 undifferentiated	g	0.225	--	--	0.052
18:3 undifferentiated	g	0.013	--	--	0.003
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Phytosterols	mg	6	--	--	1
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0