

Basic Report 25017, Formulated bar, POWER BAR, chocolate

Report Date: June 18, 2019 13:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Proximates			
Water	g	9.83	6.68
Energy	kcal	363	247
Protein	g	14.15	9.62
Total lipid (fat)	g	3.11	2.11
Carbohydrate, by difference	g	69.63	47.35
Fiber, total dietary	g	5.7	3.9
Sugars, total	g	30.07	20.45
Minerals			
Calcium, Ca	mg	504	343
Iron, Fe	mg	11.70	7.96
Magnesium, Mg	mg	248	169
Phosphorus, P	mg	614	418
Potassium, K	mg	362	246
Sodium, Na	mg	308	209
Zinc, Zn	mg	9.96	6.77
Vitamins			
Vitamin C, total ascorbic acid	mg	92.3	62.8
Thiamin	mg	8.060	5.481
Riboflavin	mg	1.920	1.306
Niacin	mg	32.600	22.168
Vitamin B-6	mg	2.200	1.496
Folate, DFE	µg	1046	711
Vitamin B-12	µg	5.60	3.81
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	8.28	5.63

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.1	0.7
Lipids			
Fatty acids, total saturated	g	1.320	0.898
Fatty acids, total monounsaturated	g	1.050	0.714
Fatty acids, total polyunsaturated	g	0.589	0.401
Fatty acids, total trans	g	0.010	0.007
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0