

Basic Report 25032, Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors

Report Date: September 20, 2019 10:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 78g
Proximates			
Water	g	9.23	7.20
Energy	kcal	390	304
Protein	g	16.67	13.00
Total lipid (fat)	g	7.69	6.00
Carbohydrate, by difference	g	63.42	49.47
Fiber, total dietary	g	7.7	6.0
Sugars, total	g	42.31	33.00
Minerals			
Calcium, Ca	mg	103	80
Iron, Fe	mg	1.62	1.26
Magnesium, Mg	mg	321	250
Phosphorus, P	mg	255	199
Potassium, K	mg	429	335
Sodium, Na	mg	321	250
Zinc, Zn	mg	1.40	1.09
Vitamins			
Vitamin C, total ascorbic acid	mg	0.4	0.3
Thiamin	mg	0.135	0.105
Riboflavin	mg	0.151	0.118
Niacin	mg	0.680	0.530
Vitamin B-6	mg	0.095	0.074
Folate, DFE	µg	39	30
Vitamin B-12	µg	0.16	0.12
Vitamin A, RAE	µg	17	13
Vitamin A, IU	IU	63	49
Vitamin E (alpha-tocopherol)	mg	0.81	0.63

Nutrient	Unit	1 Value Per100 g	1 bar 78g
Vitamin D (D2 + D3)	µg	0.2	0.2
Vitamin D	IU	7	5
Vitamin K (phylloquinone)	µg	3.6	2.8
Lipids			
Fatty acids, total saturated	g	3.227	2.517
Fatty acids, total monounsaturated	g	2.558	1.995
Fatty acids, total polyunsaturated	g	1.228	0.958
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	6	5
Amino Acids			
Other			
Caffeine	mg	3	2