

Basic Report 25034, Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors

Report Date: August 23, 2019 09:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 47g
Proximates			
Water	g	9.43	4.43
Energy	kcal	393	185
Protein	g	17.88	8.40
Total lipid (fat)	g	9.23	4.34
Carbohydrate, by difference	g	59.58	28.00
Fiber, total dietary	g	5.9	2.8
Sugars, total	g	27.30	12.83
Minerals			
Calcium, Ca	mg	434	204
Iron, Fe	mg	5.20	2.44
Magnesium, Mg	mg	86	40
Phosphorus, P	mg	263	124
Potassium, K	mg	300	141
Sodium, Na	mg	486	228
Zinc, Zn	mg	4.83	2.27
Vitamins			
Vitamin C, total ascorbic acid	mg	19.3	9.1
Thiamin	mg	0.259	0.122
Riboflavin	mg	0.179	0.084
Niacin	mg	1.888	0.887
Vitamin B-6	mg	1.073	0.504
Folate, DFE	µg	264	124
Vitamin B-12	µg	3.22	1.51
Vitamin A, RAE	µg	50	24
Vitamin A, IU	IU	179	84
Vitamin E (alpha-tocopherol)	mg	10.27	4.83

Nutrient	Unit	1 Value Per100 g	1 bar 47g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.7	0.8
Lipids			
Fatty acids, total saturated	g	4.687	2.203
Fatty acids, total monounsaturated	g	2.498	1.174
Fatty acids, total polyunsaturated	g	1.268	0.596
Fatty acids, total trans	g	0.001	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	11	5