

Full Report (All Nutrients) 45221893, ADIRONDACK MOUNTAIN MIX, UPC: 819898013401
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Report Date: September 20, 2019 01:38 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Back To Nature Foods Company, LLC

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	150	500
Protein	g	--	--	4.00	13.33
Total lipid (fat)	g	--	--	10.00	33.33
Carbohydrate, by difference	g	--	--	14.00	46.67
Fiber, total dietary	g	--	--	2.0	6.7
Sugars, total	g	--	--	9.00	30.00
Minerals					
Calcium, Ca	mg	--	--	20	67
Iron, Fe	mg	--	--	0.72	2.40
Magnesium, Mg	mg	--	--	40	133
Phosphorus, P	mg	--	--	150	500
Sodium, Na	mg	--	--	60	200
Copper, Cu	mg	--	--	0.200	0.667
Manganese, Mn	mg	--	--	0.300	1.000
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	500	1667
Lipids					
Fatty acids, total saturated	g	--	--	2.001	6.670
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0
Amino Acids					

Nutrient	Unit	Data points	Std. Error	0.25 cup 30g	1 Value Per100 g
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Other

Ingredients

PEANUTS, RAISINS, MILK CHOCOLATE CANDIES (MILK CHOCOLATE [DRIED CANE SYRUP, COCOA BUTTER, CHOCOLATE LIQUOR, WHOLE MILK POWDER, SOY LECITHIN (AN EMULSIFIER), VANILLA (NATURAL FLAVOR)], DRIED CANE SYRUP, COLORED WITH (BETA CAROTENE, TURMERIC OLEORESIN, BEET JUICE), GUM ARABIC, CARNAUBA WAX, CONFECTIONER'S GLAZE), CASHEWS, ALMONDS SEA SALT. *Date Available: 01/20/2018 Date Last Updated by Company: 01/20/2018*