

Basic Report 19010, Snacks, crisped rice bar, chocolate chip

Report Date: July 23, 2019 18:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar (1 oz) 28g
Proximates			
Water	g	7.00	1.96
Energy	kcal	404	113
Protein	g	5.10	1.43
Total lipid (fat)	g	13.50	3.78
Carbohydrate, by difference	g	73.00	20.44
Fiber, total dietary	g	2.2	0.6
Minerals			
Calcium, Ca	mg	21	6
Iron, Fe	mg	6.30	1.76
Magnesium, Mg	mg	48	13
Phosphorus, P	mg	134	38
Potassium, K	mg	168	47
Sodium, Na	mg	278	78
Zinc, Zn	mg	0.86	0.24
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.530	0.148
Riboflavin	mg	0.600	0.168
Niacin	mg	7.050	1.974
Vitamin B-6	mg	0.705	0.197
Folate, DFE	µg	140	39
Vitamin B-12	µg	0.00	0.00
Vitamin A, IU	IU	1764	494
Lipids			
Fatty acids, total saturated	g	5.240	1.467
Fatty acids, total monounsaturated	g	3.990	1.117

Nutrient	Unit	1 Value Per100 g	1 bar (1 oz) 28g
Fatty acids, total polyunsaturated	g	3.650	1.022
Cholesterol	mg	0	0

Amino Acids

Other