

## Full Report (All Nutrients) 19010, Snacks, crisped rice bar, chocolate chip

Report Date: July 23, 2019 18:22 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Carbohydrate Factor: 3.7 Fat Factor: 8.6 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:5.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar (1 oz) 28g
<b>Proximates</b>					
Water	g	7.00	1	--	1.96
Energy	kcal	404	--	--	113
Energy	kJ	1690	--	--	473
Protein	g	5.10	2	--	1.43
Total lipid (fat)	g	13.50	2	--	3.78
Ash	g	1.30	1	--	0.36
Carbohydrate, by difference	g	73.00	--	--	20.44
Fiber, total dietary	g	2.2	--	--	0.6
<b>Minerals</b>					
Calcium, Ca	mg	21	2	--	6
Iron, Fe	mg	6.30	2	--	1.76
Magnesium, Mg	mg	48	2	--	13
Phosphorus, P	mg	134	2	--	38
Potassium, K	mg	168	2	--	47
Sodium, Na	mg	278	1	--	78
Zinc, Zn	mg	0.86	1	--	0.24
Copper, Cu	mg	0.310	2	--	0.087
Manganese, Mn	mg	0.999	1	--	0.280
Selenium, Se	µg	9.7	--	--	2.7
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	1	--	0.0
Thiamin	mg	0.530	2	--	0.148

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar (1 oz) 28g
Riboflavin	mg	0.600	2	--	0.168
Niacin	mg	7.050	2	--	1.974
Pantothenic acid	mg	0.000	1	--	0.000
Vitamin B-6	mg	0.705	2	--	0.197
Folate, total	µg	140	1	--	39
Folic acid	µg	0	--	--	0
Folate, food	µg	140	1	--	39
Folate, DFE	µg	140	--	--	39
Vitamin B-12	µg	0.00	1	--	0.00
Vitamin A, IU	IU	1764	2	--	494
<b>Lipids</b>					
Fatty acids, total saturated	g	5.240	--	--	1.467
6:0	g	0.010	2	--	0.003
8:0	g	0.080	2	--	0.022
10:0	g	0.060	2	--	0.017
12:0	g	0.460	2	--	0.129
14:0	g	0.200	2	--	0.056
16:0	g	2.460	2	--	0.689
18:0	g	1.980	2	--	0.554
Fatty acids, total monounsaturated	g	3.990	--	--	1.117
16:1 undifferentiated	g	0.030	2	--	0.008
18:1 undifferentiated	g	3.970	2	--	1.112
Fatty acids, total polyunsaturated	g	3.650	--	--	1.022
18:2 undifferentiated	g	3.450	2	--	0.966
18:3 undifferentiated	g	0.200	2	--	0.056
Cholesterol	mg	0	1	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.075	--	--	0.021
Threonine	g	0.164	--	--	0.046
Isoleucine	g	0.200	--	--	0.056
Leucine	g	0.390	--	--	0.109
Lysine	g	0.201	--	--	0.056
Methionine	g	0.102	--	--	0.029

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar (1 oz) 28g
Cystine	g	0.121	--	--	0.034
Phenylalanine	g	0.260	--	--	0.073
Tyrosine	g	0.198	--	--	0.055
Valine	g	0.287	--	--	0.080
Arginine	g	0.389	--	--	0.109
Histidine	g	0.116	--	--	0.032
Alanine	g	0.263	--	--	0.074
Aspartic acid	g	0.459	--	--	0.129
Glutamic acid	g	0.979	--	--	0.274
Glycine	g	0.244	--	--	0.068
Proline	g	0.253	--	--	0.071
Serine	g	0.253	--	--	0.071
<b>Other</b>					