

Basic Report 19101, Candies, fudge, chocolate, with nuts, prepared-from-recipe

Report Date: August 23, 2019 09:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Proximates			
Water	g	7.66	2.17
Energy	kcal	460	130
Protein	g	4.38	1.24
Total lipid (fat)	g	18.93	5.37
Carbohydrate, by difference	g	68.15	19.32
Fiber, total dietary	g	2.5	0.7
Sugars, total	g	63.37	17.97
Minerals			
Calcium, Ca	mg	57	16
Iron, Fe	mg	1.97	0.56
Magnesium, Mg	mg	55	16
Phosphorus, P	mg	114	32
Potassium, K	mg	183	52
Sodium, Na	mg	39	11
Zinc, Zn	mg	1.43	0.41
Vitamins			
Vitamin C, total ascorbic acid	mg	0.2	0.1
Thiamin	mg	0.067	0.019
Riboflavin	mg	0.095	0.027
Niacin	mg	0.315	0.089
Vitamin B-6	mg	0.088	0.025
Folate, DFE	µg	16	5
Vitamin B-12	µg	0.07	0.02
Vitamin A, RAE	µg	38	11
Vitamin A, IU	IU	140	40
Vitamin E (alpha-tocopherol)	mg	0.26	0.07

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.6	0.5
Lipids			
Fatty acids, total saturated	g	6.489	1.840
Fatty acids, total monounsaturated	g	3.900	1.106
Fatty acids, total polyunsaturated	g	7.529	2.134
Fatty acids, total trans	g	0.142	0.040
Cholesterol	mg	12	3
Amino Acids			
Other			
Caffeine	mg	7	2