

Basic Report 19130, Candies, HERSHEY'S POT OF GOLD Almond Bar

Report Date: February 22, 2018 08:12 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 2.8 oz 78g
Proximates			
Water	g	1.26	0.98
Energy	kcal	577	450
Protein	g	12.82	10.00
Total lipid (fat)	g	38.46	30.00
Carbohydrate, by difference	g	44.89	35.01
Fiber, total dietary	g	3.8	3.0
Sugars, total	g	38.46	30.00
Minerals			
Calcium, Ca	mg	192	150
Iron, Fe	mg	1.85	1.44
Sodium, Na	mg	64	50
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	16.667	13.000
Cholesterol	mg	13	10
Amino Acids			
Other			