

Basic Report 19139, Baking chocolate, MARS SNACKFOOD US, M&M's Semisweet Chocolate Mini Baking Bits

Report Date: July 19, 2019 06:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 0.5 oz, about 1 tbsp 14g	1 package (net weight, 12 oz) 340g
Proximates				
Water	g	1.27	0.18	4.32
Energy	kcal	517	72	1758
Protein	g	4.44	0.62	15.10
Total lipid (fat)	g	26.15	3.66	88.91
Carbohydrate, by difference	g	65.96	9.23	224.26
Fiber, total dietary	g	6.7	0.9	22.8
Sugars, total	g	53.07	7.43	180.44
Minerals				
Calcium, Ca	mg	34	5	116
Iron, Fe	mg	2.91	0.41	9.89
Sodium, Na	mg	2	0	7
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Vitamin A, IU	IU	74	10	252
Lipids				
Fatty acids, total saturated	g	15.618	2.187	53.101
Fatty acids, total trans	g	0.042	0.006	0.143
Cholesterol	mg	3	0	10
Amino Acids				
Other				