

Basic Report 19145, Candies, NESTLE, CRUNCH Bar and Dessert Topping

Report Date: February 21, 2018 06:34 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 1.55 oz 44g	1 bar 0.5 oz 14.2g	1 serving 4 fun size bars 41g	2.0 tbsp 24g
Proximates						
Water	g	0.65	0.29	0.09	0.27	0.16
Energy	kcal	500	220	71	205	120
Protein	g	5.00	2.20	0.71	2.05	1.20
Total lipid (fat)	g	26.00	11.44	3.69	10.66	6.24
Carbohydrate, by difference	g	67.00	29.48	9.51	27.47	16.08
Fiber, total dietary	g	1.9	0.8	0.3	0.8	0.5
Sugars, total	g	55.00	24.20	7.81	22.55	13.20
Minerals						
Calcium, Ca	mg	100	44	14	41	24
Iron, Fe	mg	0.70	0.31	0.10	0.29	0.17
Potassium, K	mg	305	134	43	125	73
Sodium, Na	mg	150	66	21	62	36
Vitamins						
Vitamin C, total ascorbic acid	mg	0.5	0.2	0.1	0.2	0.1
Vitamin A, IU	IU	107	47	15	44	26
Lipids						
Fatty acids, total saturated	g	16.000	7.040	2.272	6.560	3.840
Fatty acids, total trans	g	0.137	0.060	0.019	0.056	0.033
Cholesterol	mg	13	6	2	5	3
Amino Acids						
Other						
Caffeine	mg	30	13	4	12	7