

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

Report Date: July 24, 2017 20:37 EDT

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
<b>Proximates</b>						
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
<b>Minerals</b>						
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
<b>Vitamins</b>						
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
<b>Lipids</b>						
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
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	30	13	4	12	7