

Basic Report 19263, Frozen novelties, fruit and juice bars

Report Date: July 23, 2019 01:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar (2.5 fl oz) 77g	1 bar (3 fl oz) 92g
Proximates				
Water	g	78.30	60.29	72.04
Energy	kcal	87	67	80
Protein	g	1.20	0.92	1.10
Total lipid (fat)	g	0.10	0.08	0.09
Carbohydrate, by difference	g	20.20	15.55	18.58
Fiber, total dietary	g	1.0	0.8	0.9
Sugars, total	g	17.48	13.46	16.08
Minerals				
Calcium, Ca	mg	5	4	5
Iron, Fe	mg	0.19	0.15	0.17
Magnesium, Mg	mg	4	3	4
Phosphorus, P	mg	6	5	6
Potassium, K	mg	53	41	49
Sodium, Na	mg	4	3	4
Zinc, Zn	mg	0.05	0.04	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	9.5	7.3	8.7
Thiamin	mg	0.011	0.008	0.010
Riboflavin	mg	0.018	0.014	0.017
Niacin	mg	0.159	0.122	0.146
Vitamin B-6	mg	0.025	0.019	0.023
Folate, DFE	µg	7	5	6
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	1
Vitamin A, IU	IU	18	14	17
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.9	0.7	0.8
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.030	0.023	0.028
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0