

Basic Report 19327, Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar

Report Date: June 24, 2017 20:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 0.78 oz bar 22g
Proximates			
Water	g	2.90	0.64
Energy	kcal	525	116
Protein	g	6.35	1.40
Total lipid (fat)	g	28.68	6.31
Carbohydrate, by difference	g	60.37	13.28
Fiber, total dietary	g	9.1	2.0
Sugars, total	g	38.99	8.58
Minerals			
Calcium, Ca	mg	985	217
Iron, Fe	mg	3.18	0.70
Sodium, Na	mg	8	2
Vitamins			
Vitamin C, total ascorbic acid	mg	34.2	7.5
Vitamin B-6	mg	1.364	0.300
Vitamin B-12	µg	2.73	0.60
Vitamin A, IU	IU	25	6
Vitamin E (alpha-tocopherol)	mg	9.20	2.02
Lipids			
Fatty acids, total saturated	g	13.070	2.875
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			