

## Basic Report 19370, Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Report Date: December 12, 2017 15:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 2.17 oz pack 62g	1 cup 205g	10.0 pieces 10.7g	1 package fun size 20g
<b>Proximates</b>						
Water	g	3.83	2.37	7.85	0.41	0.77
Energy	kcal	405	251	830	43	81
Protein	g	0.19	0.12	0.39	0.02	0.04
Total lipid (fat)	g	4.37	2.71	8.96	0.47	0.87
Carbohydrate, by difference	g	90.78	56.28	186.10	9.71	18.16
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	75.84	47.02	155.47	8.11	15.17
<b>Minerals</b>						
Calcium, Ca	mg	0	0	0	0	0
Iron, Fe	mg	0.00	0.00	0.00	0.00	0.00
Magnesium, Mg	mg	1	1	2	0	0
Phosphorus, P	mg	1	1	2	0	0
Potassium, K	mg	12	7	25	1	2
Sodium, Na	mg	15	9	31	2	3
Zinc, Zn	mg	0.02	0.01	0.04	0.00	0.00
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	66.8	41.4	136.9	7.1	13.4
Thiamin	mg	0.000	0.000	0.000	0.000	0.000
Riboflavin	mg	0.023	0.014	0.047	0.002	0.005
Niacin	mg	0.007	0.004	0.014	0.001	0.001
Vitamin B-6	mg	0.003	0.002	0.006	0.000	0.001
Folate, DFE	µg	0	0	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.17	0.11	0.35	0.02	0.03

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.1	0.7	2.3	0.1	0.2
<b>Lipids</b>						
Fatty acids, total saturated	g	4.115	2.551	8.436	0.440	0.823
Fatty acids, total monounsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.074	0.046	0.152	0.008	0.015
Cholesterol	mg	0	0	0	0	0
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0