

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

Report Date: August 21, 2017 04:34 EDT

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
Proximates						
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
Minerals						
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
Vitamins						
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
Lipids						
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
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0