

Full Report (All Nutrients) 19370, Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies

Report Date: December 12, 2017 22:29 EST

Nutrient values and weights are for edible portion.

Food Group : Sweets

Manufacturer Masterfoods USA

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 1	kcal	405	1	--	251	830	43	81
Energy	kJ	1695	--	--	1051	3475	181	339
Protein 1	g	0.19	1	--	0.12	0.39	0.02	0.04
Total lipid (fat) 1	g	4.37	1	--	2.71	8.96	0.47	0.87
Ash	g	0.97	--	--	0.60	1.99	0.10	0.19
Carbohydrate, by difference 1	g	90.78	1	--	56.28	186.10	9.71	18.16
Fiber, total dietary 1	g	0.0	1	--	0.0	0.0	0.0	0.0
Sugars, total 1	g	75.84	1	--	47.02	155.47	8.11	15.17
Minerals								
Calcium, Ca 1	mg	0	1	--	0	0	0	0
Iron, Fe 1	mg	0.00	1	--	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 1	mg	15	1	--	9	31	2	3
Zinc, Zn	mg	0.02	--	--	0.01	0.04	0.00	0.00
Copper, Cu	mg	0.036	--	--	0.022	0.074	0.004	0.007
Manganese, Mn	mg	0.063	--	--	0.039	0.129	0.007	0.013
Selenium, Se	µg	1.0	--	--	0.6	2.0	0.1	0.2
Vitamins								
Vitamin C, total ascorbic acid 1	mg	66.8	1	--	41.4	136.9	7.1	13.4
Thiamin	mg	0.000	--	--	0.000	0.000	0.000	0.000

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Riboflavin	mg	0.023	--	--	0.014	0.047	0.002	0.005
Niacin	mg	0.007	--	--	0.004	0.014	0.001	0.001
Pantothenic acid	mg	0.014	--	--	0.009	0.029	0.001	0.003
Vitamin B-6	mg	0.003	--	--	0.002	0.006	0.000	0.001
Folate, total	µg	0	--	--	0	0	0	0
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	0	--	--	0	0	0	0
Folate, DFE	µg	0	--	--	0	0	0	0
Choline, total	mg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU 1	IU	0	1	--	0	0	0	0
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	1	--	--	1	2	0	0
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	0.11	0.35	0.02	0.03
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
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	1	--	2.551	8.436	0.440	0.823
4:0	g	0.003	--	--	0.002	0.006	0.000	0.001
6:0	g	0.011	--	--	0.007	0.023	0.001	0.002
8:0	g	0.145	--	--	0.090	0.297	0.016	0.029
10:0	g	0.140	--	--	0.087	0.287	0.015	0.028
12:0	g	2.151	--	--	1.334	4.410	0.230	0.430
14:0	g	0.720	--	--	0.446	1.476	0.077	0.144
16:0	g	0.344	--	--	0.213	0.705	0.037	0.069

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 2.17 oz pack 62g	1 cup 205g	10.0 pieces 10.7g	1 package fun size 20g
18:0	g	0.599	--	--	0.371	1.228	0.064	0.120
20:0	g	0.002	--	--	0.001	0.004	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	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
18:2 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.074	1	--	0.046	0.152	0.008	0.015
Cholesterol ¹	mg	0	1	--	0	0	0	0
Amino Acids								
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

Sources of Data

¹Masterfoods USA MASTERFOODS USA 2006, 2006 Hackettstown NJ