

## Basic Report 19439, Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Report Date: June 19, 2019 21:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 37g
<b>Proximates</b>			
Water	g	5.00	1.85
Energy	kcal	390	144
Protein	g	8.00	2.96
Total lipid (fat)	g	7.40	2.74
Carbohydrate, by difference	g	78.00	28.86
Fiber, total dietary	g	6.2	2.3
<b>Minerals</b>			
Calcium, Ca	mg	35	13
Iron, Fe	mg	8.60	3.18
Magnesium, Mg	mg	87	32
Phosphorus, P	mg	248	92
Potassium, K	mg	249	92
Sodium, Na	mg	291	108
Zinc, Zn	mg	2.20	0.81
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.700	0.259
Riboflavin	mg	0.800	0.296
Niacin	mg	9.500	3.515
Vitamin B-6	mg	1.000	0.370
Folate, DFE	µg	0	0
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	713	264
Vitamin A, IU	IU	2381	881
<b>Lipids</b>			
Fatty acids, total saturated	g	1.100	0.407

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 bar 37g</b>
Fatty acids, total monounsaturated	g	1.800	0.666
Fatty acids, total polyunsaturated	g	4.500	1.665
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			