

## Full Report (All Nutrients) 19439, Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar

Report Date: July 21, 2019 23:47 EDT

Nutrient values and weights are for edible portion.

Food Group : Snacks

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 37g
<b>Proximates</b>					
Water	g	5.00	--	--	1.85
Energy	kcal	390	--	--	144
Energy	kJ	1632	--	--	604
Protein	g	8.00	--	--	2.96
Total lipid (fat)	g	7.40	--	--	2.74
Ash	g	1.60	--	--	0.59
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
Copper, Cu	mg	0.700	--	--	0.259
Manganese, Mn	mg	1.797	--	--	0.665
<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

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 bar 37g
Pantothenic acid	mg	0.671	--	--	0.248
Vitamin B-6	mg	1.000	--	--	0.370
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	713	--	--	264
Retinol	µg	713	--	--	264
Vitamin A, IU	IU	2381	--	--	881
<b>Lipids</b>					
Fatty acids, total saturated	g	1.100	--	--	0.407
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.009	--	--	0.003
14:0	g	0.004	--	--	0.001
16:0	g	0.684	--	--	0.253
18:0	g	0.237	--	--	0.088
Fatty acids, total monounsaturated	g	1.800	--	--	0.666
16:1 undifferentiated	g	0.004	--	--	0.001
18:1 undifferentiated	g	1.769	--	--	0.655
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	4.500	--	--	1.665
18:2 undifferentiated	g	4.038	--	--	1.494
18:3 undifferentiated	g	0.043	--	--	0.016
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 bar 37g</b>
Cholesterol	mg	0	--	--	0

**Amino Acids**

**Other**