

## Basic Report 19821, Snacks, trail mix, regular, unsalted

Report Date: December 18, 2017 09:36 EST

Nutrient values and weights are for edible portion.

| Nutrient                           | Unit | 1<br>Value<br>Per100 g | 1 cup<br>150g | 1 oz<br>28.35g | 1.5 oz<br>42g |
|------------------------------------|------|------------------------|---------------|----------------|---------------|
| <b>Proximates</b>                  |      |                        |               |                |               |
| Water                              | g    | 9.20                   | 13.80         | 2.61           | 3.86          |
| Energy                             | kcal | 462                    | 693           | 131            | 194           |
| Protein                            | g    | 13.80                  | 20.70         | 3.91           | 5.80          |
| Total lipid (fat)                  | g    | 29.40                  | 44.10         | 8.33           | 12.35         |
| Carbohydrate, by difference        | g    | 44.90                  | 67.35         | 12.73          | 18.86         |
| <b>Minerals</b>                    |      |                        |               |                |               |
| Calcium, Ca                        | mg   | 78                     | 117           | 22             | 33            |
| Iron, Fe                           | mg   | 3.05                   | 4.58          | 0.86           | 1.28          |
| Magnesium, Mg                      | mg   | 158                    | 237           | 45             | 66            |
| Phosphorus, P                      | mg   | 345                    | 518           | 98             | 145           |
| Potassium, K                       | mg   | 685                    | 1028          | 194            | 288           |
| Sodium, Na                         | mg   | 10                     | 15            | 3              | 4             |
| Zinc, Zn                           | mg   | 3.22                   | 4.83          | 0.91           | 1.35          |
| <b>Vitamins</b>                    |      |                        |               |                |               |
| Vitamin C, total ascorbic acid     | mg   | 1.4                    | 2.1           | 0.4            | 0.6           |
| Thiamin                            | mg   | 0.462                  | 0.693         | 0.131          | 0.194         |
| Riboflavin                         | mg   | 0.198                  | 0.297         | 0.056          | 0.083         |
| Niacin                             | mg   | 4.712                  | 7.068         | 1.336          | 1.979         |
| Vitamin B-6                        | mg   | 0.298                  | 0.447         | 0.084          | 0.125         |
| Folate, DFE                        | µg   | 71                     | 106           | 20             | 30            |
| Vitamin B-12                       | µg   | 0.00                   | 0.00          | 0.00           | 0.00          |
| Vitamin A, RAE                     | µg   | 1                      | 2             | 0              | 0             |
| Vitamin A, IU                      | IU   | 18                     | 27            | 5              | 8             |
| <b>Lipids</b>                      |      |                        |               |                |               |
| Fatty acids, total saturated       | g    | 5.550                  | 8.325         | 1.573          | 2.331         |
| Fatty acids, total monounsaturated | g    | 12.530                 | 18.795        | 3.552          | 5.263         |

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|------------------------------------|-------------|---------------------------------|-----------------------|------------------------|-----------------------|
| Fatty acids, total polyunsaturated | g           | 9.650                           | 14.475                | 2.736                  | 4.053                 |
| Cholesterol                        | mg          | 0                               | 0                     | 0                      | 0                     |

**Amino Acids**

**Other**