

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

Report Date: October 22, 2017 11:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 150g	1 oz 28.35g	1.5 oz 42g
Proximates					
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
Minerals					
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
Vitamins					
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
Lipids					
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

Nutrient	Unit	1 Value Per100 g	1 cup 150g	1 oz 28.35g	1.5 oz 42g
Fatty acids, total polyunsaturated	g	9.650	14.475	2.736	4.053
Cholesterol	mg	0	0	0	0

Amino Acids
Other