

## Basic Report 19866, Candies, soft fruit and nut squares

Report Date: September 17, 2019 07:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 pieces 42g
<b>Proximates</b>			
Water	g	13.88	5.83
Energy	kcal	390	164
Protein	g	2.31	0.97
Total lipid (fat)	g	9.52	4.00
Carbohydrate, by difference	g	73.81	31.00
Fiber, total dietary	g	2.4	1.0
Sugars, total	g	45.95	19.30
<b>Minerals</b>			
Calcium, Ca	mg	17	7
Iron, Fe	mg	0.93	0.39
Magnesium, Mg	mg	25	10
Phosphorus, P	mg	54	23
Potassium, K	mg	82	34
Sodium, Na	mg	131	55
Zinc, Zn	mg	0.53	0.22
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.2	0.1
Thiamin	mg	0.047	0.020
Riboflavin	mg	0.039	0.016
Niacin	mg	0.178	0.075
Vitamin B-6	mg	0.082	0.034
Folate, DFE	µg	11	5
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	3	1
Vitamin E (alpha-tocopherol)	mg	0.10	0.04

Nutrient	Unit	1	3.0 pieces
		Value Per100 g	42g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.4	0.2
<b>Lipids</b>			
Fatty acids, total saturated	g	0.898	0.377
Fatty acids, total monounsaturated	g	1.297	0.545
Fatty acids, total polyunsaturated	g	6.840	2.873
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0