

Basic Report 19896, Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar

Report Date: July 19, 2019 06:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 1 bar 56g
Proximates			
Water	g	1.66	0.93
Energy	kcal	495	277
Protein	g	8.93	5.00
Total lipid (fat)	g	23.21	13.00
Carbohydrate, by difference	g	63.90	35.78
Fiber, total dietary	g	3.6	2.0
Sugars, total	g	53.57	30.00
Minerals			
Calcium, Ca	mg	36	20
Iron, Fe	mg	0.64	0.36
Magnesium, Mg	mg	60	34
Phosphorus, P	mg	156	87
Potassium, K	mg	257	144
Sodium, Na	mg	321	180
Zinc, Zn	mg	1.45	0.81
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.117	0.066
Riboflavin	mg	0.113	0.063
Niacin	mg	2.789	1.562
Vitamin B-6	mg	0.061	0.034
Folate, DFE	µg	28	16
Vitamin B-12	µg	0.18	0.10
Vitamin A, RAE	µg	14	8
Vitamin A, IU	IU	49	27
Vitamin E (alpha-tocopherol)	mg	2.56	1.43

Nutrient	Unit	1 Value Per100 g	1 serving 1 bar 56g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	1.8	1.0
Lipids			
Fatty acids, total saturated	g	8.036	4.500
Fatty acids, total monounsaturated	g	8.104	4.538
Fatty acids, total polyunsaturated	g	4.241	2.375
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	9	5
Amino Acids			
Other			
Caffeine	mg	6	3