

Basic Report 19923, Candies, HERSHEY'S, PAYDAY Bar

Report Date: September 22, 2017 02:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	6.97
Energy	kcal	490
Protein	g	13.44
Total lipid (fat)	g	25.00
Carbohydrate, by difference	g	52.88
Fiber, total dietary	g	3.8
Sugars, total	g	40.32
Minerals		
Calcium, Ca	mg	94
Iron, Fe	mg	1.92
Magnesium, Mg	mg	90
Phosphorus, P	mg	197
Potassium, K	mg	725
Sodium, Na	mg	231
Zinc, Zn	mg	1.57
Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Thiamin	mg	0.083
Riboflavin	mg	0.115
Niacin	mg	7.166
Vitamin B-6	mg	0.235
Folate, DFE	µg	51
Vitamin B-12	µg	0.02
Vitamin A, RAE	µg	0
Vitamin A, IU	IU	1
Vitamin E (alpha-tocopherol)	mg	2.47

Nutrient	Unit	1 Value Per100 g
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Vitamin K (phylloquinone)	µg	0.0
Lipids		
Fatty acids, total saturated	g	4.806
Fatty acids, total monounsaturated	g	12.467
Fatty acids, total polyunsaturated	g	4.691
Fatty acids, total trans	g	0.000
Cholesterol	mg	0
Amino Acids		
Other		
Caffeine	mg	0