

## Basic Report 25051, Snacks, CLIF BAR, mixed flavors

Report Date: August 19, 2017 11:05 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 68g
<b>Proximates</b>			
Water	g	11.00	7.48
Energy	kcal	346	235
Protein	g	14.71	10.00
Total lipid (fat)	g	5.88	4.00
Carbohydrate, by difference	g	65.44	44.50
Fiber, total dietary	g	7.4	5.0
Sugars, total	g	31.62	21.50
<b>Minerals</b>			
Calcium, Ca	mg	368	250
Iron, Fe	mg	6.62	4.50
Magnesium, Mg	mg	147	100
Phosphorus, P	mg	294	200
Potassium, K	mg	412	280
Sodium, Na	mg	195	133
Zinc, Zn	mg	4.41	3.00
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	88.2	60.0
Thiamin	mg	0.551	0.375
Riboflavin	mg	0.375	0.255
Niacin	mg	4.412	3.000
Vitamin B-6	mg	0.588	0.400
Folate, DFE	µg	118	80
Vitamin B-12	µg	1.32	0.90
Vitamin A, RAE	µg	1	1
Vitamin A, IU	IU	20	14
Vitamin E (alpha-tocopherol)	mg	0.24	0.16

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Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	36.8	25.0
<b>Lipids</b>			
Fatty acids, total saturated	g	1.471	1.000
Fatty acids, total monounsaturated	g	1.093	0.743
Fatty acids, total polyunsaturated	g	2.182	1.484
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0