

Basic Report 25051, Snacks, CLIF BAR, mixed flavors

Report Date: March 22, 2018 15:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	1 bar 68g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	36.8	25.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0