

Basic Report 25060, Snack, Pretzel, hard chocolate coated

Report Date: February 18, 2018 05:41 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Proximates			
Water	g	3.06	0.86
Energy	kcal	467	131
Protein	g	7.05	1.97
Total lipid (fat)	g	17.64	4.94
Carbohydrate, by difference	g	70.07	19.62
Fiber, total dietary	g	3.5	1.0
Sugars, total	g	38.80	10.86
Minerals			
Calcium, Ca	mg	141	39
Iron, Fe	mg	2.54	0.71
Magnesium, Mg	mg	35	10
Phosphorus, P	mg	128	36
Potassium, K	mg	199	56
Sodium, Na	mg	494	138
Zinc, Zn	mg	1.33	0.37
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.360	0.101
Riboflavin	mg	0.317	0.089
Niacin	mg	2.398	0.671
Vitamin B-6	mg	0.031	0.009
Folate, DFE	µg	114	32
Vitamin B-12	µg	0.32	0.09
Vitamin A, RAE	µg	25	7
Vitamin A, IU	IU	83	23
Vitamin E (alpha-tocopherol)	mg	0.62	0.17

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	11.1	3.1
Lipids			
Fatty acids, total saturated	g	8.611	2.411
Fatty acids, total monounsaturated	g	3.293	0.922
Fatty acids, total polyunsaturated	g	2.820	0.790
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	8	2