

Basic Report 28253, SUNSHINE, CHEEZ-IT, Snack Mix

Report Date: September 25, 2017 20:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup 30g
Proximates			
Water	g	3.00	0.90
Energy	kcal	438	131
Protein	g	9.00	2.70
Total lipid (fat)	g	15.20	4.56
Carbohydrate, by difference	g	66.70	20.01
Fiber, total dietary	g	3.7	1.1
Sugars, total	g	2.20	0.66
Minerals			
Calcium, Ca	mg	84	25
Iron, Fe	mg	3.84	1.15
Magnesium, Mg	mg	15	4
Phosphorus, P	mg	62	19
Potassium, K	mg	78	23
Sodium, Na	mg	1107	332
Vitamins			
Thiamin	mg	0.210	0.063
Riboflavin	mg	0.130	0.039
Niacin	mg	1.650	0.495
Lipids			
Fatty acids, total saturated	g	3.200	0.960
Fatty acids, total monounsaturated	g	3.800	1.140
Fatty acids, total polyunsaturated	g	7.300	2.190
Fatty acids, total trans	g	0.170	0.051
Cholesterol	mg	0	0

Amino Acids

Other

