

[Albanese 12 Flavor Gummi Bears](#) are a popular, fat-free, gluten-free, and low-sodium candy known for a soft, chewy texture. A standard serving (approx. 9-16 pieces) contains around 100-170 calories, 22-39g of carbohydrates, and 14-24g of sugar. They are primarily composed of corn syrup, sugar, and gelatin, often featuring 12 distinct fruit flavors.

Key Nutritional Information (Typical 12 Flavor Bears):

- **Serving Size:** Approximately 9-16 pieces.
- **Calories:** 100–170 per serving.
- **Total Fat:** 0g.
- **Sodium:** 20mg-35mg.
- **Total Carbohydrates:** 22g-39g.
- **Sugars:** 14g-24g.
- **Protein:** 1g-3g.

Key Features & Variants:

- **Sugar-Free Option:** Albanese offers a sugar-free version containing 70 calories and 18g of sugar alcohol per 9-piece serving.
- **Dietary:** They are generally fat-free, gluten-free, and made in the USA.
- **Allergen Info:** Free from top 8 major allergens.

Note: Nutritional values can vary slightly based on the specific package size and flavor variety (e.g., Natural vs. 12 Flavor).

Nutrition Facts

For 9 pcs of Albanese gummi bears (32g)

Nutrient	Value	%DV
Calories	100	
Fats	0g	0%
Saturated fats	0g	0%
Trans fats	0g	

Nutrient	Value	%DV
Cholesterol	0mg	0%
Sodium	20mg	1%
Carbs	23g	8%
Net carbs	23g	
Fiber	0g	0%
Sugar	14g	
Protein	1g	
Calcium	4mg	0.4%
Iron	0mg	0%
Potassium	2mg	0%
Vitamin D	0µg	0%
Vitamins and Minerals		
Alpha carotene	—	
Beta carotene	—	
Caffeine	—	
Choline	—	
Copper	—	
Fluoride	—	
Folate (B9)	—	
Lycopene	—	
Magnesium	—	
Manganese	—	
Niacin	—	

Nutrient	Value	%DV
Pantothenic acid	–	
Phosphorus	–	
Retinol	–	
Riboflavin (B2)	–	
Selenium	–	
Theobromine	–	
Thiamine	–	
Vitamin A IU	–	
Vitamin A	–	
Vitamin B12	–	
Vitamin B6	–	
Vitamin C	–	
Vitamin D IU	–	
Vitamin D2	–	
Vitamin D3	–	
Vitamin E	–	
Vitamin K	–	
Zinc	–	
Sugars		
Sugar	14g	
Sucrose	–	
Glucose	–	
Fructose	–	

Nutrient	Value	%DV
Lactose	–	
Maltose	–	
Galactose	–	
Starch	–	
Fats		
Saturated fats	0g	0%
Monounsaturated fats	–	
Polyunsaturated fats	–	
Trans fats	0g	
Fatty Acids		
Total omega 3	–	
Total omega 6	–	
Alpha Linolenic Acid (ALA)	–	
Docosahexaenoic Acid (DHA)	–	
Eicosapentaenoic Acid (EPA)	–	
Docosapentaenoic Acid (DPA)	–	
Amino Acids		
Alanine	–	
Arginine	–	
Aspartic acid	–	
Cystine	–	
Glutamic acid	–	
Glycine	–	
Histidine	–	

Nutrient	Value	%DV
Hydroxyproline	–	
Isoleucine	–	
Leucine	–	
Lysine	–	
Methionine	–	
Phenylalanine	–	
Proline	–	
Serine	–	
Threonine	–	
Tryptophan	–	
Tyrosine	–	
Valine	–	