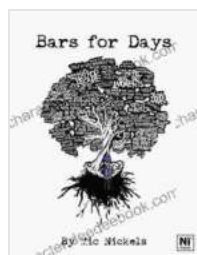


Bars for Days: The Ultimate Guide to Mic Nickels



Bars for Days by Mic Nickels

★★★★☆ 4.9 out of 5

- Language : English
- File size : 750 KB
- Text-to-Speech : Enabled
- Screen Reader : Supported
- Enhanced typesetting : Enabled
- Word Wise : Enabled
- Print length : 496 pages
- Lending : Enabled

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History of Mic Nickels

Mic Nickels were first created in 1912 by the Williamson Candy Company. The candy bar was named after the company's founder, William Nickels. Mic Nickels were originally made with peanuts, caramel, and nougat, and covered in milk chocolate. Over the years, the recipe has been changed slightly, but the basic ingredients have remained the same.

Mic Nickels were a popular candy bar in the early 1900s, and they remained popular throughout the 20th century. Today, Mic Nickels are still a popular candy bar, and they can be found in most convenience stores and supermarkets.

Ingredients of Mic Nickels

The ingredients of Mic Nickels are simple: peanuts, caramel, nougat, and chocolate. The peanuts are roasted and salted, and the caramel is made with sugar, corn syrup, and butter. The nougat is made with sugar, corn syrup, and egg whites. The chocolate is made with cocoa, sugar, and milk.

Mic Nickels are a good source of protein and energy. They also contain a number of vitamins and minerals, including iron, calcium, and potassium.

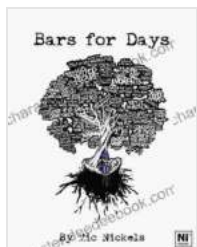
Nutritional Information for Mic Nickels

One Mic Nickel candy bar contains the following nutritional information:

* Calories: 240 * Fat: 10g * Saturated fat: 5g * Cholesterol: 0mg * Sodium: 105mg * Carbohydrates: 36g * Dietary fiber: 2g * Sugar: 24g * Protein: 5g

Mic Nickels are a high-calorie food, but they are also a good source of protein and energy. They are a good choice for a snack or a dessert.

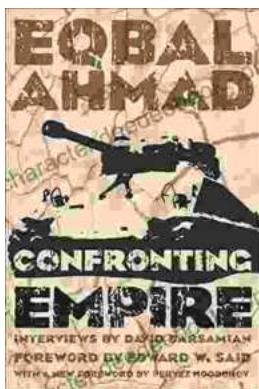
Mic Nickels are a delicious and popular candy bar that has been around for over 100 years. They are made with simple ingredients, and they are a good source of protein and energy. Mic Nickels are a good choice for a snack or a dessert.



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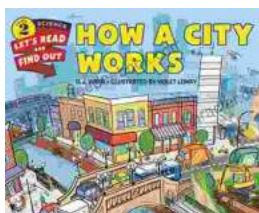
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