

# Nutrient Analysis

## Bar, Apple (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Bar, Apple (NEW)

### Macro Nutrients

Calories: 810 Kcal  
 Protein: 43.99 gm  
 Carbohydrates: 120.05 gm  
 Total Fat: 27.99 gm  
 Monounsaturat: Fat: 10.09 gm  
 Polyunsaturat Fat: 6.61 gm  
 Saturat Fat: 7.87 gm  
 Trans Fat: 0.06 gm  
 Water: 450 ml  
 Total Sugar: 33.59 gm  
 Total Dietary Fiber: 23.16 gm  
 Insoluble Fiber: 9.28 gm  
 Cholesterol: 745 mg  
 Alcohol: 0.00 gm  
 Caffeine: 0.00 mg

### Minerals

Calcium: 266.70 mg  
 Magnesium: 260.04 mg  
 Phosphorus: 1,071.00 mg  
 Potassium: 1,243.15 mg  
 Sodium: 283.27 mg  
 Copper: 0.690 mg  
 Iron: 9.28 mg  
 Manganese: 5.850 mg  
 Zinc: 6.520 mg

### Vitamins

Vitamin A: 246.65 RE  
 Vitamin E: 3.53 mg  
 Thiamin (B1): 1.18 mg  
 Riboflavin (B2): 1.25 mg  
 Niacin (B3): 2.07 mg  
 Vitamin B6: 0.62 mg  
 Vitamin B12: 1.90 mcg  
 Folicin: 172.54 mcg  
 Pantothenic Acid: 4.96 mg  
 Vitamin C: 74.68 mg  
 Vitamin D: 123.00 IU  
 Vitamin K: 4.21 mcg

### Other Information

Calories from Carbohydrates: 47%  
 Calories from Fat: 31%  
 Calories from Protein: 22%  
 Poly/Sat Fat: 0.84:1  
 Sodium/Potassium: 0.23:1  
 Calcium/Phosphorus: 0.25:1

### Essential Amino Acids

Histidine: 1.03 gm  
 Isoleucine: 2.05 gm  
 Leucine: 3.56 gm  
 Lysine: 2.69 gm  
 Methionine: 1.10 gm  
 Phenylalanine: 2.28 gm  
 Threonine: 1.65 gm  
 Tryptophan: 0.63 gm  
 Valine: 2.68 gm

### Other Amino Acids

Alanine: 2.33 gm  
 Arginine: 2.90 gm  
 Aspartic Acid: 4.45 gm  
 Cystine: 1.16 gm  
 Glutamic Acid: 7.21 gm  
 Glycine: 1.88 gm  
 Proline: 1.92 gm  
 Serine: 2.89 gm  
 Tyrosine: 1.63 gm

### Fatty Acids

Linoleic: 5.78 gm  
 Oleic: 9.50 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks