

# Nutrient Analysis

## Bar, Blueberry (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Bar, Blueberry (NEW)

### Macro Nutrients

Calories:	806 Kcal
Protein:	44.77 gm
Carbohydrates:	116.01 gm
Total Fat:	28.83 gm
Monounsaturat: Fat:	10.19 gm
Polyunsaturat Fat:	7.07 gm
Saturated Fat:	7.97 gm
Trans Fat:	0.06 gm
Water:	491 ml
Total Sugar:	31.68 gm
Total Dietary Fiber:	22.05 gm
Insoluble Fiber:	9.63 gm
Cholesterol:	745 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
<b>Minerals</b>	
Calcium:	229.03 mg
Magnesium:	267.34 mg
Phosphorus:	1,080.79 mg
Potassium:	1,385.57 mg
Sodium:	310.49 mg
Copper:	0.720 mg
Iron:	9.63 mg
Manganese:	6.080 mg
Zinc:	6.780 mg

### Vitamins

Vitamin A:	529.02 RE
Vitamin E:	3.89 mg
Thiamin (B1):	1.14 mg
Riboflavin (B2):	1.25 mg
Niacin (B3):	3.53 mg
Vitamin B6:	0.70 mg
Vitamin B12:	1.90 mcg
Folacin:	192.78 mcg
Pantothenic Acid:	4.92 mg
Vitamin C:	74.54 mg
Vitamin D:	123.00 IU
Vitamin K:	4.72 mcg

### Other Information

Calories from Carbohydrates:	46%
Calories from Fat:	32%
Calories from Protein:	22%
Poly/Sat Fat:	0.89:1
Sodium/Potassium:	0.22:1
Calcium/Phosphorus:	0.21:1

### Essential Amino Acids

Histidine:	1.04 gm
Isoleucine:	2.08 gm
Leucine:	3.61 gm
Lysine:	2.68 gm
Methionine:	1.11 gm
Phenylalanine:	2.31 gm
Threonine:	1.68 gm
Tryptophan:	0.62 gm
Valine:	2.71 gm

### Other Amino Acids

Alanine:	2.45 gm
Arginine:	2.92 gm
Aspartic Acid:	4.51 gm
Cystine:	1.16 gm
Glutamic Acid:	7.53 gm
Glycine:	1.84 gm
Proline:	1.92 gm
Serine:	2.93 gm
Tyrosine:	1.64 gm

### Fatty Acids

Linoleic:	6.01 gm
Oleic:	9.61 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks