

# Nutrient Analysis

## Bar, Gingered Pear (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Bar, Gingered Pear (NEW)

### Macro Nutrients

Calories:	822 Kcal
Protein:	44.24 gm
Carbohydrates:	123.21 gm
Total Fat:	27.91 gm
Monounsaturat: Fat:	10.12 gm
Polyunsaturat Fat:	6.57 gm
Saturated Fat:	7.83 gm
Trans Fat:	0.06 gm
Water:	448 ml
Total Sugar:	32.62 gm
Total Dietary Fiber:	24.39 gm
Insoluble Fiber:	9.38 gm
Cholesterol:	745 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	272.12 mg
Magnesium:	264.31 mg
Phosphorus:	1,071.68 mg
Potassium:	1,271.85 mg
Sodium:	283.53 mg
Copper:	0.780 mg
Iron:	9.38 mg
Manganese:	5.870 mg
Zinc:	6.630 mg

### Vitamins

Vitamin A:	241.55 RE
Vitamin E:	3.43 mg
Thiamin (B1):	1.17 mg
Riboflavin (B2):	1.25 mg
Niacin (B3):	2.20 mg
Vitamin B6:	0.60 mg
Vitamin B12:	1.90 mcg
Folacin:	179.57 mcg
Pantothenic Acid:	4.94 mg
Vitamin C:	74.10 mg
Vitamin D:	123.00 IU
Vitamin K:	0.47 mcg

### Other Information

Calories from Carbohydrates:	48%
Calories from Fat:	31%
Calories from Protein:	22%
Poly/Sat Fat:	0.84:1
Sodium/Potassium:	0.22:1
Calcium/Phosphorus:	0.25:1

### Essential Amino Acids

Histidine:	1.02 gm
Isoleucine:	2.06 gm
Leucine:	3.57 gm
Lysine:	2.70 gm
Methionine:	1.10 gm
Phenylalanine:	2.29 gm
Threonine:	1.66 gm
Tryptophan:	0.63 gm
Valine:	2.69 gm

### Other Amino Acids

Alanine:	2.33 gm
Arginine:	2.91 gm
Aspartic Acid:	4.51 gm
Cystine:	1.16 gm
Glutamic Acid:	7.22 gm
Glycine:	1.88 gm
Proline:	1.95 gm
Serine:	2.90 gm
Tyrosine:	1.63 gm

### Fatty Acids

Linoleic:	5.76 gm
Oleic:	9.53 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks