

Nutrient Analysis

Bar, Pineapple-Blueberry (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Bar, Pineapple-Blueberry (NEW)

Macro Nutrients

Calories: 805 Kcal
 Protein: 43.55 gm
 Carbohydrates: 118.06 gm
 Total Fat: 28.40 gm
 Monounsaturat: Fat: 10.14 gm
 Polyunsaturat Fat: 6.84 gm
 Saturat: Fat: 7.89 gm
 Trans Fat: 0.06 gm
 Water: 430 ml
 Total Sugar: 27.33 gm
 Total Dietary Fiber: 22.43 gm
 Insoluble Fiber: 9.44 gm
 Cholesterol: 745 mg
 Alcohol: 0.00 gm
 Caffeine: 0.00 mg

Minerals

Calcium: 218.95 mg
 Magnesium: 255.84 mg
 Phosphorus: 1,065.75 mg
 Potassium: 1,095.57 mg
 Sodium: 284.36 mg
 Copper: 0.710 mg
 Iron: 9.44 mg
 Manganese: 6.580 mg
 Zinc: 6.500 mg

Vitamins

Vitamin A: 247.00 RE
 Vitamin E: 3.71 mg
 Thiamin (B1): 1.12 mg
 Riboflavin (B2): 1.25 mg
 Niacin (B3): 2.14 mg
 Vitamin B6: 0.62 mg
 Vitamin B12: 1.90 mcg
 Folicin: 159.84 mcg
 Pantothenic Acid: 4.80 mg
 Vitamin C: 23.05 mg
 Vitamin D: 123.00 IU
 Vitamin K: 3.90 mcg

Other Information

Calories from Carbohydrates: 47%
 Calories from Fat: 32%
 Calories from Protein: 22%
 Poly/Sat Fat: 0.87:1
 Sodium/Potassium: 0.26:1
 Calcium/Phosphorus: 0.21:1

Essential Amino Acids

Histidine: 1.03 gm
 Isoleucine: 2.05 gm
 Leucine: 3.58 gm
 Lysine: 2.67 gm
 Methionine: 1.10 gm
 Phenylalanine: 2.27 gm
 Threonine: 1.66 gm
 Tryptophan: 0.63 gm
 Valine: 2.66 gm

Other Amino Acids

Alanine: 2.30 gm
 Arginine: 2.86 gm
 Aspartic Acid: 4.36 gm
 Cystine: 1.15 gm
 Glutamic Acid: 7.16 gm
 Glycine: 1.79 gm
 Proline: 1.88 gm
 Serine: 2.87 gm
 Tyrosine: 1.61 gm

Fatty Acids

Linoleic: 5.88 gm
 Oleic: 9.53 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks