

# Nutrient Analysis

## Bar, Pineapple (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Bar, Pineapple (NEW)

### Macro Nutrients

Calories: 765 Kcal  
 Protein: 44.02 gm  
 Carbohydrates: 107.34 gm  
 Total Fat: 28.12 gm  
 Monounsat: Fat: 10.12 gm  
 Polyunsat Fat: 6.66 gm  
 Saturated Fat: 7.89 gm  
 Trans Fat: 0.06 gm  
 Water: 371 ml  
 Total Sugar: 15.98 gm  
 Total Dietary Fiber: 20.25 gm  
 Insoluble Fiber: 9.73 gm  
 Cholesterol: 745 mg  
 Alcohol: 0.00 gm  
 Caffeine: 0.00 mg

### Minerals

Calcium: 263.90 mg  
 Magnesium: 266.11 mg  
 Phosphorus: 1,060.67 mg  
 Potassium: 1,171.41 mg  
 Sodium: 282.83 mg  
 Copper: 0.750 mg  
 Iron: 9.73 mg  
 Manganese: 7.670 mg  
 Zinc: 6.590 mg

### Vitamins

Vitamin A: 243.08 RE  
 Vitamin E: 3.31 mg  
 Thiamin (B1): 1.24 mg  
 Riboflavin (B2): 1.24 mg  
 Niacin (B3): 2.41 mg  
 Vitamin B6: 0.63 mg  
 Vitamin B12: 1.90 mcg  
 Folicin: 175.78 mcg  
 Pantothenic Acid: 4.99 mg  
 Vitamin C: 78.66 mg  
 Vitamin D: 123.00 IU  
 Vitamin K: 0.47 mcg

### Other Information

Calories from Carbohydrates: 44%  
 Calories from Fat: 33%  
 Calories from Protein: 23%  
 Poly/Sat Fat: 0.84:1  
 Sodium/Potassium: 0.24:1  
 Calcium/Phosphorus: 0.25:1

### Essential Amino Acids

Histidine: 1.04 gm  
 Isoleucine: 2.07 gm  
 Leucine: 3.58 gm  
 Lysine: 2.70 gm  
 Methionine: 1.12 gm  
 Phenylalanine: 2.30 gm  
 Threonine: 1.67 gm  
 Tryptophan: 0.65 gm  
 Valine: 2.67 gm

### Other Amino Acids

Alanine: 2.31 gm  
 Arginine: 2.90 gm  
 Aspartic Acid: 4.35 gm  
 Cystine: 1.16 gm  
 Glutamic Acid: 7.18 gm  
 Glycine: 1.87 gm  
 Proline: 1.92 gm  
 Serine: 2.87 gm  
 Tyrosine: 1.63 gm

### Fatty Acids

Linoleic: 5.72 gm  
 Oleic: 9.50 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks