

Sidewalk Chef Good Nov 2015 Step Bar dark choc

Nutrient Analysis
Source: Custom

Yield: 38.186 (40.000 gram(s))
No. Ingredients: 12

Category: Basic Food
Manufacturer: (None)

Nutrient Goal Template:
DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	40.000	g		
Kilocalories	142.682	kcal	2000.000	7 %
Kilojoules	518.816	kJ		
Protein	7.969	g	50.000	16 %
Carbohydrate	20.451	g	300.000	7 %
Available Carbohydrate				
Fat, Total	6.168	g	65.000	9 %
Alcohol	0.000	g		
Cholesterol	0.950	mg	300.000	0 %
Saturated Fat	1.170	g	20.000	6 %
Monounsaturated Fat	3.175	g		
Polyunsaturated Fat	1.404	g		
SFA 4:0	0.002	g		
SFA 6:0	0.001	g		
SFA 8:0	0.000	g		
SFA 10:0	0.001	g		
SFA 12:0, Lauric	0.001	g		
SFA 14:0	0.006	g		
SFA 16:0, Palmitic	0.345	g		
SFA 17:0	0.000	g		
SFA 18:0, Stearic	0.084	g		
SFA 20:0	0.001	g		
SFA 22:0	0.000	g		
MFA 14:1	0.000	g		
MFA 16:1	0.025	g		
MFA 18:1, Oleic	3.083	g		
MFA 20:1	0.000	g		
MFA 22:1	0.000	g		
PFA 18:2, Linoleic	1.314	g		
PFA 18:3, Linolenic	0.071	g		
PFA 18:4	0.000	g		
PFA 20:4	0.000	g		
PFA 20:5, EPA	0.000	g		
PFA 22:5	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.002	g		
Sum of Trans Fat and Sat Fat				
Sodium	24.299	mg	2400.000	1 %
Potassium	167.670	mg	3500.000	5 %
Chloride				
Vitamin A (RE)	0.267	RE		
Vitamin A (IU)	2.352	IU	5000.000	0 %
Vitamin A (RAE)	0.088	µg		
Total Carotenoid	0.000	RE		
Beta-Carotene	0.839	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	0.097	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	2.708	mg	60.000	5 %
Calcium	61.147	mg	1000.000	6 %
Iron	0.857	mg	18.000	5 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)	0.000	mg	20.000	0 %
Vitamin E (IU)	0.000	IU	30.000	0 %
Alpha-Tocopherol	2.498	mg		
Thiamin	0.078	mg	1.500	5 %
Riboflavin	0.241	mg	1.700	14 %

Nutrient	Value	Unit	Goal	%
Niacin	0.555	mg	20.000	3 %
Niacin Equivalent	0.698	mg		
Pyridoxine (Vitamin B6)	0.077	mg	2.000	4 %
Folate (Total)	19.652	µg	400.000	5 %
Folate (DFE)	19.228	µg		
Cobalamin (Vitamin B12)	0.146	µg	6.000	2 %
Biotin		µg	300.000	
Pantothenic Acid	0.396	mg	10.000	4 %
Vitamin K	0.270	µg	80.000	0 %
Phosphorus	141.000	mg	1000.000	14 %
Iodine		µg	150.000	
Magnesium	44.976	mg	400.000	11 %
Zinc	0.799	mg	15.000	5 %
Copper	0.182	mg	2.000	9 %
Manganese	0.309	mg	2.000	15 %
Selenium	2.246	µg	70.000	3 %
Fluoride	0.156	µg		
Chromium		mg	0.120	
Molybdenum		µg	75.000	
Choline	18.381	mg		
Dietary Fiber, Total	12.551	g	25.000	50 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.017	g		
Sugar, Total	4.959	g		
Glucose	1.540	g		
Galactose	0.076	g		
Fructose	0.922	g		
Sucrose	0.401	g		
Lactose	0.000	g		
Maltose	0.036	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	23.129	mg		
Threonine	60.561	mg		
Isoleucine	75.242	mg		
Leucine	147.054	mg		
Lysine	58.401	mg		
Methionine	15.509	mg		
Cystine	22.157	mg		
Phenylalanine	113.312	mg		
Tyrosine	45.476	mg		
Valine	86.619	mg		
Arginine	245.374	mg		
Histidine	53.995	mg		
Alanine	99.990	mg		
Aspartic Acid	261.358	mg		
Glutamic Acid	608.514	mg		
Glycine	141.438	mg		
Proline	98.854	mg		
Serine	91.905	mg		
Glutamine		mg		
Taurine		mg		
Moisture	4.130	g		
Ash	1.094	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		

Percentage of Kcals

Protein	18.8%
Carbohydrate	48.3%
Fat, total	32.8%
Alcohol	0.0%