

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% |