



Sidewalk Chef Good nov 2015 Jump Bar white choc

Nutrient Analysis
Source: Custom

Yield: 38.189 (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	143.192	kcal	2000.000	7 %
Kilojoules	513.578	kJ		
Protein	8.189	g	50.000	16 %
Carbohydrate	20.287	g	300.000	7 %
Available Carbohydrate				
Fat, Total	6.151	g	65.000	9 %
Alcohol	0.000	g		
Cholesterol	0.950	mg	300.000	0 %
Saturated Fat	1.166	g	20.000	6 %
Monounsaturated Fat	3.164	g		
Polyunsaturated Fat	1.401	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	24.141	mg	2400.000	1 %
Potassium	153.715	mg	3500.000	4 %
Chloride				
Vitamin A (RE)	0.154	RE		
Vitamin A (IU)	1.544	IU	5000.000	0 %
Vitamin A (RAE)	0.059	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	2.397	mg	60.000	4 %
Calcium	60.293	mg	1000.000	6 %
Iron	0.789	mg	18.000	4 %
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	0.075	mg	1.500	5 %
Riboflavin	0.241	mg	1.700	14 %

Nutrient	Value	Unit	Goal	%
Niacin	0.554	mg	20.000	3 %
Niacin Equivalent	0.693	mg		
Pyridoxine (Vitamin B6)	0.077	mg	2.000	4 %
Folate (Total)	19.650	µg	400.000	5 %
Folate (DFE)	19.227	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	138.617	mg	1000.000	14 %
Iodine		µg	150.000	
Magnesium	43.392	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	18.380	mg		
Dietary Fiber, Total	12.436	g	25.000	50 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.017	g		
Sugar, Total	5.075	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	23.128	mg		
Threonine	60.557	mg		
Isoleucine	75.237	mg		
Leucine	147.044	mg		
Lysine	58.397	mg		
Methionine	15.508	mg		
Cystine	22.155	mg		
Phenylalanine	113.305	mg		
Tyrosine	45.473	mg		
Valine	86.613	mg		
Arginine	245.357	mg		
Histidine	53.991	mg		
Alanine	99.983	mg		
Aspartic Acid	261.340	mg		
Glutamic Acid	608.473	mg		
Glycine	141.428	mg		
Proline	98.847	mg		
Serine	91.899	mg		
Glutamine		mg		
Taurine		mg		
Moisture	4.119	g		
Ash	1.074	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		

Percentage of Kcals

Protein	19.4%
Carbohydrate	47.9%
Fat, total	32.7%
Alcohol	0.0%