

# Sidewalk Chef Nov 2015 Hop Bar dark choc

**Nutrient Analysis**  
Source: Custom

Yield: 37.832 (40.000 gram(s))  
No. Ingredients: 11

Category: Basic Food  
Manufacturer: (None)

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

Nutrient	Value	Unit	Goal	%
Weight	40.000	g		
Kilocalories	142.763	kcal	2000.000	7 %
Kilojoules	518.424	kJ		
Protein	8.002	g	50.000	16 %
Carbohydrate	20.357	g	300.000	7 %
Available Carbohydrate				
Fat, Total	6.222	g	65.000	10 %
Alcohol	0.000	g		
Cholesterol	0.959	mg	300.000	0 %
Saturated Fat	1.180	g	20.000	6 %
Monounsaturated Fat	3.204	g		
Polyunsaturated Fat	1.416	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	0.348	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	3.112	g		
MFA 20:1	0.000	g		
MFA 22:1	0.000	g		
PFA 18:2, Linoleic	1.327	g		
PFA 18:3, Linolenic	0.072	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	22.474	mg	2400.000	1 %
Potassium	160.001	mg	3500.000	5 %
Chloride				
Vitamin A (RE)	0.156	RE		
Vitamin A (IU)	1.805	IU	5000.000	0 %
Vitamin A (RAE)	0.060	µg		
Total Carotenoid	0.000	RE		
Beta-Carotene	0.847	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	0.097	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	2.420	mg	60.000	4 %
Calcium	61.263	mg	1000.000	6 %
Iron	0.839	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	2.522	mg		
Thiamin	0.079	mg	1.500	5 %
Riboflavin	0.243	mg	1.700	14 %

Nutrient	Value	Unit	Goal	%
Niacin	0.560	mg	20.000	3 %
Niacin Equivalent	0.705	mg		
Pyridoxine (Vitamin B6)	0.078	mg	2.000	4 %
Folate (Total)	19.836	µg	400.000	5 %
Folate (DFE)	19.408	µg		
Cobalamin (Vitamin B12)	0.147	µg	6.000	2 %
Biotin		µg	300.000	
Pantothenic Acid	0.400	mg	10.000	4 %
Vitamin K	0.273	µg	80.000	0 %
Phosphorus	142.321	mg	1000.000	14 %
Iodine		µg	150.000	
Magnesium	45.398	mg	400.000	11 %
Zinc	0.807	mg	15.000	5 %
Copper	0.184	mg	2.000	9 %
Manganese	0.312	mg	2.000	16 %
Selenium	2.267	µg	70.000	3 %
Fluoride	0.157	µg		
Chromium		mg	0.120	
Molybdenum		µg	75.000	
Choline	18.553	mg		
Dietary Fiber, Total	12.646	g	25.000	51 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.017	g		
Sugar, Total	4.837	g		
Glucose	1.555	g		
Galactose	0.077	g		
Fructose	0.931	g		
Sucrose	0.405	g		
Lactose	0.000	g		
Maltose	0.036	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	23.346	mg		
Threonine	61.128	mg		
Isoleucine	75.947	mg		
Leucine	148.432	mg		
Lysine	58.948	mg		
Methionine	15.654	mg		
Cystine	22.364	mg		
Phenylalanine	114.374	mg		
Tyrosine	45.902	mg		
Valine	87.431	mg		
Arginine	247.672	mg		
Histidine	54.500	mg		
Alanine	100.927	mg		
Aspartic Acid	263.806	mg		
Glutamic Acid	614.214	mg		
Glycine	142.763	mg		
Proline	99.780	mg		
Serine	92.766	mg		
Glutamine		mg		
Taurine		mg		
Moisture	4.168	g		
Ash	1.105	g		
Caffeine	0.000	mg		
Osmolality		mo		
Salt		g		

**Percentage of Kcals**

Protein	18.9%
Carbohydrate	48.1%
Fat, total	33.1%
Alcohol	0.0%