



Diary

Trends

Foods

Settings

Plans

Help

April 18, 2021

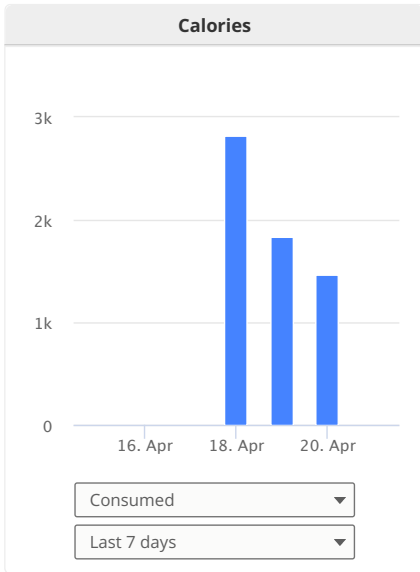
ADD FOOD

ADD EXERCISE

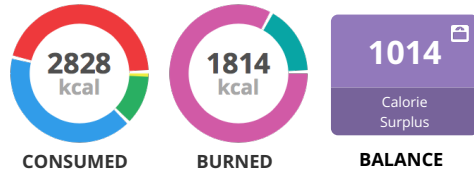
ADD BIOMETRIC

ADD NOTE

Description	Amount	Unit	Calories
Turkish Coffee, Sweetened with Sugar	1	short - each 8 fl oz	84.18
Croissant, Cheese	1	large	332.02
Kirkland Signature, Mixed Nut Butter, with Seeds	100	g	625
Smoothie, Fruit, Made with Dairy Products	1	cup	142.65
Taco Bell, Cheese Quesadilla	2	each	911.47
Orange Juice, Fresh	1	cup	111.6
Fettuccini Alfredo, without Meat, without Vegetables	1	cup	412.85
Plums, Raw	1	small - 2" diameter	25.33
Greek Yogurt, Plain, Nonfat	2	tbsp	18.07
Cheese Popcorn	1	cup, whole pieces	59.22
Electrolyte Replacement Drink	1	large bottle - each 1 liter	105.67



Calories Summary



Macronutrient Targets

Energy	2828 kcal / 1814 kcal (156%)
Protein	90.9 g / 45.4 g (200%)
Carbs	294.2 g / 249.4 g (118%)
Fat	146.6 g / 70.5 g (208%)

Nutrient Targets

Suggest Foods

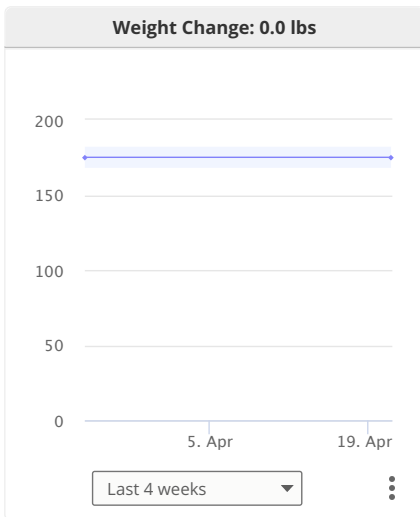
Nutrition Scores



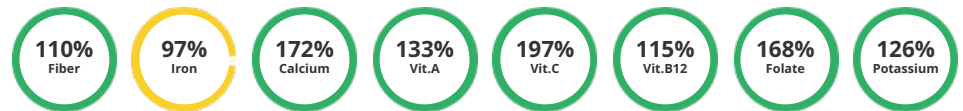
Get More with Cronometer Gold

We've compiled a set of 8 nutrition scores to represent well researched health concepts. Start a trial to view the full set.

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Highlighted Nutrients



General		
Energy	2828.1 kcal	156%
Alcohol	0.1 g	No Target
Caffeine	142.1 mg	No Target
Water	2003.5 g	74%

Vitamins		
B1 (Thiamine)	2.0 mg	178%
B2 (Riboflavin)	2.2 mg	197%
B3 (Niacin)	15.1 mg	108%
B5 (Pantothenic Acid)	4.5 mg	91%
B6 (Pyridoxine)	0.7 mg	50%
B12 (Cobalamin)	2.8 µg	115%
Folate	672.7 µg	168%
Vitamin A	3106.6 IU	133%
Vitamin C	148.4 mg	198%
Vitamin D	93.4 IU	16%

Carbohydrates		
Carbs	294.2 g	118%
Fiber	27.5 g	110%
Starch	126.3 g	No Target
Sugars	112.0 g	No Target

Net Carbs 265.8 g 107%

Vitamin E 3.9 mg 26%

Vitamin K 56.3 µg 63%

Lipids

Fat	146.6 g	206%
Monounsaturated	25.8 g	No Target
Polyunsaturated	17.3 g	No Target
Omega-3	1.8 g	159%
Omega-6	14.5 g	121%
Saturated	56.0 g	n/a
Trans-Fats	2.6 g	n/a
Cholesterol	254.5 mg	No Target

Protein

Protein	90.9 g	202%
Cystine	0.8 g	105%
Histidine	1.7 g	157%
Isoleucine	3.2 g	212%
Leucine	5.7 g	171%
Lysine	3.4 g	114%
Methionine	1.5 g	199%
Phenylalanine	3.3 g	255%
Threonine	2.5 g	157%
Tryptophan	1.0 g	254%
Tyrosine	2.7 g	208%
Valine	3.8 g	198%

Minerals

Calcium	1722.1 mg	172%
Copper	0.8 mg	89%
Iron	17.5 mg	97%
Magnesium	211.2 mg	68%
Manganese	2.1 mg	117%
Phosphorus	1541.0 mg	220%
Potassium	3278.0 mg	126%
Selenium	133.8 µg	243%
Sodium	4020.8 mg	268%
Zinc	8.5 mg	106%



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