



Diary

Trends

Foods

Settings

Plans

Help

April 19, 2021



ADD FOOD



ADD EXERCISE



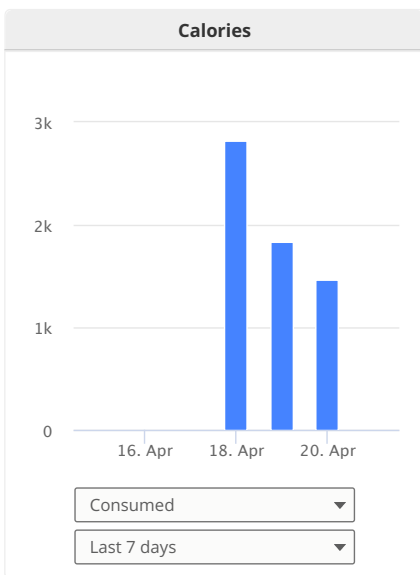
ADD BIOMETRIC



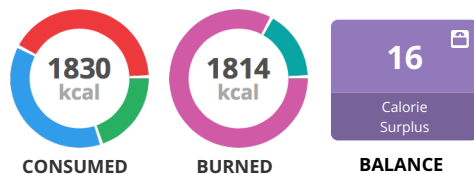
ADD NOTE



| Description | Amount | Unit | Calories |
|---|--------|--------------------------|----------|
| Oranges, Raw | 2 | medium - 2 5/8" diameter | 123.14 |
| Pancake, Plain or Buttermilk, Homemade | 3 | each - 4" diameter | 297.93 |
| Stuffed Grape Leaves, with Meat | 10 | roll | 437.49 |
| Lentil Soup, Homemade | 1 | cup | 172.62 |
| Apples, Raw, Gala, with Skin | 1 | large | 114 |
| Tabouleh | 1 | cup | 157.38 |
| Chicken Breast, Cooked in Olive Oil, Homemade | 150 | g | 249 |
| Cream Cheese Spread | 1 | tbsp | 44.25 |
| Toast, Wheat, Plain | 1 | slice | 75.12 |
| Pistachio Nuts, Raw | 1 | oz | 158.76 |



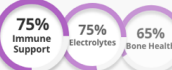
Calories Summary



Macronutrient Targets

Nutrient Targets

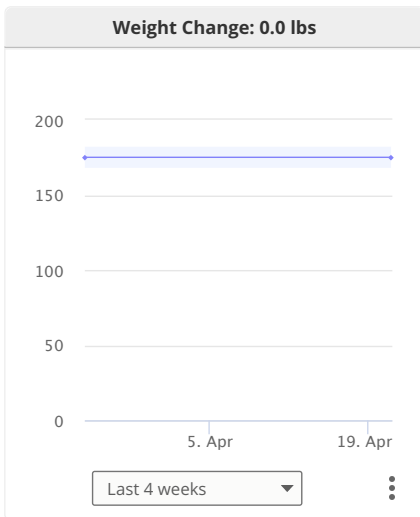
Nutrition Scores



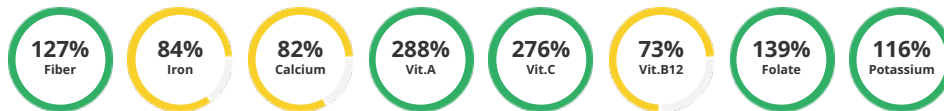
Get More with Cronometer Gold

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

Start Free Trial



Highlighted Nutrients



| General | | |
|----------|-------------|-----------|
| Energy | 1829.7 kcal | 101% |
| Alcohol | 0.0 g | No Target |
| Caffeine | 0.0 mg | No Target |
| Water | 1069.2 g | 40% |

| Vitamins | | |
|-----------------------|-----------|------|
| B1 (Thiamine) | 1.8 mg | 162% |
| B2 (Riboflavin) | 1.5 mg | 133% |
| B3 (Niacin) | 34.2 mg | 244% |
| B5 (Pantothenic Acid) | 8.0 mg | 160% |
| B6 (Pyridoxine) | 2.5 mg | 195% |
| B12 (Cobalamin) | 1.8 µg | 73% |
| Folate | 557.2 µg | 139% |
| Vitamin A | 6736.4 IU | 289% |
| Vitamin C | 207.5 mg | 277% |
| Vitamin D | 48.2 IU | 8% |
| Vitamin E | 11.5 mg | 77% |

| Carbohydrates | | |
|---------------|---------|-----------|
| Carbs | 176.9 g | 71% |
| Fiber | 31.8 g | 127% |
| Starch | 72.1 g | No Target |
| Sugars | 64.2 g | No Target |
| Net Carbs | 144.0 g | 58% |

| Lipids | | |
|-----------------|----------|-----------|
| Fat | 87.4 g | 123% |
| Monounsaturated | 38.7 g | No Target |
| Polyunsaturated | 23.8 g | No Target |
| Omega-3 | 2.3 g | 210% |
| Omega-6 | 20.2 g | 168% |
| Saturated | 18.3 g | n/a |
| Trans-Fats | 0.8 g | n/a |
| Cholesterol | 254.2 mg | No Target |

| Protein | | |
|---------------|--------|------|
| Protein | 95.8 g | 213% |
| Cystine | 0.6 g | 83% |
| Histidine | 1.3 g | 113% |
| Isoleucine | 2.0 g | 132% |
| Leucine | 3.4 g | 103% |
| Lysine | 2.9 g | 96% |
| Methionine | 0.9 g | 117% |
| Phenylalanine | 2.2 g | 168% |
| Threonine | 1.7 g | 106% |
| Tryptophan | 0.4 g | 108% |
| Tyrosine | 1.4 g | 108% |
| Valine | 2.4 g | 125% |

| | | |
|-----------|----------|------|
| Vitamin K | 363.0 µg | 403% |
|-----------|----------|------|

| Minerals | | |
|------------|-----------|------|
| Calcium | 825.0 mg | 83% |
| Copper | 2.2 mg | 248% |
| Iron | 15.2 mg | 84% |
| Magnesium | 272.9 mg | 88% |
| Manganese | 2.7 mg | 152% |
| Phosphorus | 1327.3 mg | 190% |
| Potassium | 3039.5 mg | 117% |
| Selenium | 80.1 µg | 146% |
| Sodium | 3449.5 mg | 230% |
| Zinc | 8.7 mg | 109% |



[Blog](#) • [Forums](#) • [Privacy](#) • [Terms](#) • [Affiliates](#) • [Jobs](#)



Copyright © 2011-2020, All Rights Reserved



Support