



Diary

Trends

Foods

Settings

Plans

Help

April 20, 2021

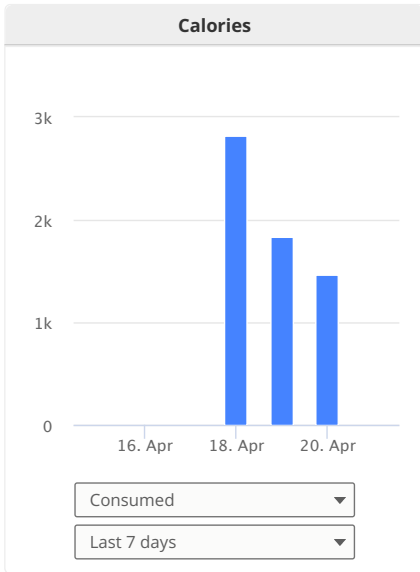
ADD FOOD

ADD EXERCISE

ADD BIOMETRIC

ADD NOTE

Description	Amount	Unit	Calories
Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
Walnuts	1	oz	185.41
Orange Juice, Fresh	1	cup	111.6
Eggs, Cooked	2	large	155
Pasta Salad with Vegetables, Italian Dressing	1	cup	147.38
Rice Pilaf, with Meat	1	cup	213.59
Potato Chips, Salted	1	bag - single serving - each 1 oz	150.58
Ice Cream, Vanilla or Other Flavors, Includes Chocolate Chip	1	oz	58.68
Turkey Sandwich, with Mayo	1	sandwich	335.19
Strawberries, Fresh	0	cup, halves	0



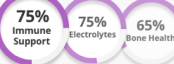
Calories Summary

Macronutrient Targets

Energy	1462 kcal / 1814 kcal (81%)
Protein	69.4 g / 45.4 g (153%)
Carbs	158.0 g / 249.4 g (63%)
Fat	63.4 g / 70.5 g (90%)

Nutrient Targets

Nutrition Scores

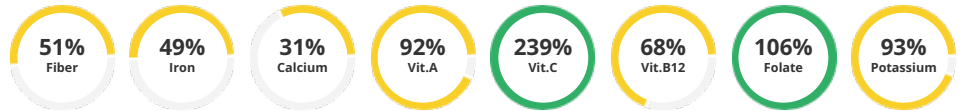


Get More with Cronometer Gold

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

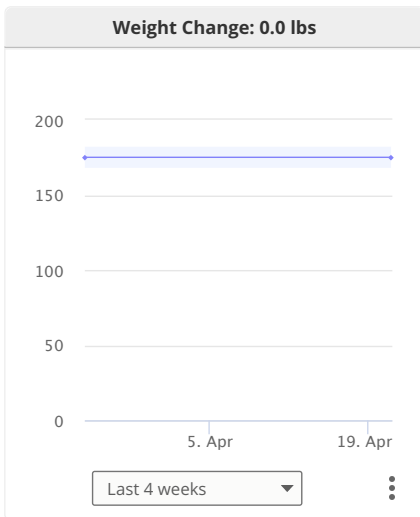
Energy	1462.4 kcal	81%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	809.4 g	30%

Vitamins

B1 (Thiamine)	1.3 mg	114%
B2 (Riboflavin)	1.3 mg	120%
B3 (Niacin)	21.1 mg	151%
B5 (Pantothenic Acid)	5.4 mg	108%
B6 (Pyridoxine)	2.0 mg	157%
B12 (Cobalamin)	1.7 µg	69%
Folate	424.9 µg	106%
Vitamin A	2162.8 IU	93%
Vitamin C	179.9 mg	240%
Vitamin D	94.4 IU	16%
Vitamin E	5.9 mg	39%

Carbohydrates

Carbs	158.0 g	63%
Fiber	12.8 g	51%
Starch	73.4 g	No Target
Sugars	52.6 g	No Target
Net Carbs	144.4 g	58%



Lipids		
Fat	63.4 g	89%
Monounsaturated	18.8 g	No Target
Polyunsaturated	26.8 g	No Target
Omega-3	3.9 g	352%
Omega-6	22.3 g	186%
Saturated	12.4 g	n/a
Trans-Fats	0.9 g	n/a
Cholesterol	509.7 mg	No Target

Protein		
Protein	69.4 g	154%
Cystine	1.0 g	138%
Histidine	1.9 g	169%
Isoleucine	3.2 g	214%
Leucine	5.2 g	156%
Lysine	4.7 g	155%
Methionine	1.7 g	222%
Phenylalanine	3.0 g	228%
Threonine	2.8 g	177%
Tryptophan	0.8 g	200%
Tyrosine	2.3 g	172%
Valine	3.5 g	181%

Vitamin K	67.4 µg	75%
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Minerals		
Calcium	311.2 mg	31%
Copper	1.2 mg	130%
Iron	9.0 mg	50%
Magnesium	223.2 mg	72%
Manganese	2.7 mg	150%
Phosphorus	852.5 mg	122%
Potassium	2419.4 mg	93%
Selenium	101.2 µg	184%
Sodium	1523.6 mg	102%
Zinc	6.3 mg	78%



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