



Freda's Granola, Nutrient Analysis

Nutrient Analysis
Source: Custom

Yield: 83.156 (45.000 gram(s))
No. Ingredients: 9

Category: Basic Food
Manufacturer: (None)

Nutrient	Value	Unit	Goal	%
Weight	45.000	g		
Kilocalories	209.776	kcal	2000.000	10 %
Protein	5.516	g	50.000	11 %
Carbohydrate	21.810	g	300.000	7 %
Fat, Total	12.079	g	65.000	19 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	1.178	g	20.000	6 %
Monounsaturated Fat	4.352	g		
Polyunsaturated Fat	2.989	g		
MFA 18:1, Oleic	3.747	g		
PFA 18:2, Linoleic	1.675	g		
PFA 18:3, Linolenic	0.673	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	85.792	mg	2400.000	4 %
Potassium	126.148	mg	3500.000	4 %
Vitamin A (RE)	0.317	RE		
Vitamin A (IU)	3.165	IU	5000.000	0 %
Vitamin A (RAE)	0.000	µg		
Beta-Carotene	0.000	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	3.758	µg		
Beta-Cryptoxanthin	0.000	µg		
Lycopene	0.000	µg		
Vitamin C	0.066	mg	60.000	0 %
Calcium	28.620	mg	1000.000	3 %
Iron	1.598	mg	18.000	9 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)	1.422	mg	20.000	7 %
Vitamin E (IU)	2.118	IU	30.000	7 %
Alpha-Tocopherol	1.009	mg		
Thiamin	0.148	mg	1.500	10 %
Riboflavin	0.033	mg	1.700	2 %
Niacin	0.252	mg	20.000	1 %
Pyridoxine (Vitamin B6)	0.034	mg	2.000	2 %
Folate (Total)	13.697	µg	400.000	3 %
Folate (DFE)	11.914	µg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin	0.000	µg	300.000	0 %
Pantothenic Acid	0.260	mg	10.000	3 %
Vitamin K	7.183	µg	80.000	9 %

Nutrient	Value	Unit	Goal	%
Phosphorus	130.230	mg	1000.000	13 %
Iodine			150.000	
Magnesium	52.311	mg	400.000	13 %
Zinc	1.344	mg	15.000	9 %
Copper	0.170	mg	2.000	9 %
Manganese	1.210	mg	2.000	60 %
Selenium	4.804	µg	70.000	7 %
Fluoride				
Chromium	0.000	mg	0.120	0 %
Molybdenum			75.000	
Dietary Fiber, Total	2.688	g	25.000	11 %
Soluble Fiber	0.000	g		
Insoluble Fiber	0.000	g		
Crude Fiber	0.203	g		
Sugar, Total	6.851	g		
Glucose	0.206	g		
Galactose	0.000	g		
Fructose	0.076	g		
Sucrose	5.166	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol				
Other Carbohydrate				
Tryptophan	43.079	mg		
Threonine	105.856	mg		
Isoleucine	127.763	mg		
Leucine	236.381	mg		
Lysine	129.052	mg		
Methionine	57.438	mg		
Cystine	75.112	mg		
Phenylalanine	164.767	mg		
Tyrosine	105.488	mg		
Valine	172.499	mg		
Arginine	219.444	mg		
Histidine	74.559	mg		
Alanine	162.190	mg		
Aspartic Acid	266.573	mg		
Glutamic Acid	683.369	mg		
Glycine	154.826	mg		
Proline	171.947	mg		
Serine	138.073	mg		
Moisture	4.453	g		
Ash	0.691	g		
Caffeine	0.000	mg		