

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams**

7-grain bread

Carbohydrates 7%

Fiber	8%
Sugars, total	7%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	17%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	5%
Iron	8%
Magnesium	4%
Manganese	26%
Phosphorus	4%
Potassium	2%
Selenium	17%
Sodium	8%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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Food Evaluation

Vitamin Score	82
Mineral Score	172
Protein Score	140
Fiber Score	109

Total Nutrients Score	144
Net Food Score	129

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	15%
Fats	13%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.26**
Net nutrition per dollar is **490**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18035 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Adzuki beans

Carbohydrates 7%

Fiber	13%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	1%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	4%
Tryptophan*	5%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	47%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	17%
Iron	8%
Magnesium	8%
Manganese	23%
Phosphorus	6%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	13%
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Food Evaluation

Vitamin Score	121
Mineral Score	204
Protein Score	221
Fiber Score	164

Total Nutrients Score	194
Net Food Score	194

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	21%
Fats	1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.07**
Net nutrition per dollar is **2918**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16001

Food Group Code 1600

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 38 grams

Allspice

Carbohydrates 10%

Fiber	27%
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	4%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	18%
Copper	11%
Iron	15%
Magnesium	10%
Manganese	49%
Phosphorus	2%
Potassium	10%
Selenium	1%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	61
Mineral Score	287
Protein Score	10
Fiber Score	350

Total Nutrients Score	165
Net Food Score	159

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	65%
Proteins	8%
Fats	28%

Health Costs

At \$49.60 per pound, the cost of all displayed nutrients is \$4.16
 Net nutrition per dollar is 38
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02001

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 17 grams**

Almonds

Carbohydrates 1%

Fiber	7%
Sugars, total	2%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	25%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	30%
Vitamin K	0%

Minerals

Calcium	3%
Copper	10%
Iron	4%
Magnesium	10%
Manganese	19%
Phosphorus	4%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	75	Total Nutrients Score 142	Caloric Content
Mineral Score	139		
Protein Score	116		
Fiber Score	87		
SCORES are based on 1000 as the maximum		Net Food Score 138	Carbohydrates 14%
			Proteins 13%
			Fats 73%
			Unhealthy Score 5

Health Costs

At **\$9.32** per pound, the cost of all displayed nutrients is **\$0.89**

Net nutrition per dollar is **155**

40% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12061 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

American cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	8%
Isoleucine*	6%
Leucine*	5%
Lysine*	7%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	4%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	11%
Copper	0%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	5%
Sodium	17%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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Food Evaluation

Vitamin Score	27
Mineral Score	75
Protein Score	268
Fiber Score	0

Total Nutrients Score	106
Net Food Score	58

Unhealthy Score 49

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	25%
Fats	73%

Health Costs

At **\$2.50** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **392**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 76 grams**

Anchovies

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	15%
Monounsaturated	4%
Polyunsaturated	6%
Omega-3 fats	71%
Omega-6 fats	0%

Proteins 16%

Histidine*	15%
Isoleucine*	16%
Leucine*	13%
Lysine*	16%
Methionine*	11%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	7%
Niacin (B-3)	49%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	2%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	8%
Copper	8%
Iron	14%
Magnesium	6%
Manganese	2%
Phosphorus	7%
Potassium	7%
Selenium	40%
Sodium	3%
Zinc	9%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score 140
Mineral Score 245
Protein Score 642
Fiber Score 0

Total Nutrients Score	424
Net Food Score	403

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 67%
Fats 33%

Health Costs

At \$12.72 per pound, the cost of all displayed nutrients is \$2.14
Net nutrition per dollar is 188
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15001

Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.1 ounces or 60 grams**

Apple juice, concentrate

Carbohydrates 9%

Fiber	
Sugars, total	43%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	0%
Vitamin B-12	0%
Vitamin C	60%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	3%
Magnesium	2%
Manganese	6%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	57%
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Food Evaluation

Vitamin Score 115
Mineral Score 53
Protein Score 1
Fiber Score

Total Nutrients Score	79
Net Food Score	40

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 97%
Proteins 1%
Fats 2%

Health Costs

At \$1.72 per pound, the cost of all displayed nutrients is \$0.23
Net nutrition per dollar is 174
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09410 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.0 ounces or 58 grams**

Applebutter

Carbohydrates 9%

Fiber	3%
Sugars, total	37%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	11%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	56%
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Food Evaluation

Vitamin Score	5
Mineral Score	42
Protein Score	1
Fiber Score	37

Total Nutrients Score	21
Net Food Score	-13

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	99%
Proteins	1%
Fats	0%

Health Costs

At \$2.82 per pound, the cost of all displayed nutrients is \$0.36
Net nutrition per dollar is -35
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19294 Food Group Code 1900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.8 ounces or 192 grams

Apples

Carbohydrates 10%

Fiber	15%
Sugars, total	36%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	1%
Copper	3%
Iron	1%
Magnesium	2%
Manganese	3%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	45
Mineral Score	39
Protein Score	12
Fiber Score	196

Total Nutrients Score	54
Net Food Score	21

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.46**
 Net nutrition per dollar is **46**
92% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.2 ounces or 233 grams**

Applesauce

Carbohydrates 10%

Fiber	9%
Sugars, total	43%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	1%
Manganese	8%
Phosphorus	1%
Potassium	4%
Selenium	1%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	33
Mineral Score	50
Protein Score	13
Fiber Score	119

Total Nutrients Score	47
Net Food Score	8

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	98%
Proteins	1%
Fats	1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.51**
Net nutrition per dollar is **16**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09019 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **7.3 ounces or 208 grams**

Apricots

Carbohydrates 8%

Fiber	14%
Sugars, total	35%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	2%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	80%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	5%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

Minerals

Calcium	2%
Copper	8%
Iron	5%
Magnesium	4%
Manganese	7%
Phosphorus	2%
Potassium	13%
Selenium	0%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	46%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	252
Mineral Score	108
Protein Score	85
Fiber Score	177

Total Nutrients Score	200
Net Food Score	169

Unhealthy Score **32**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	10%
Fats	7%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.98**
 Net nutrition per dollar is **172**
93% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09021

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.5 ounces or 41 grams**

Apricots dried

Carbohydrates 9%

Fiber	10%
Sugars, total	40%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	30%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

Minerals

Calcium	2%
Copper	7%
Iron	6%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	12%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	18%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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Food Evaluation

Vitamin Score	95
Mineral Score	91
Protein Score	27
Fiber Score	129

Total Nutrients Score	97
Net Food Score	61

Unhealthy Score 36

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	5%
Fats	2%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **335**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09032 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.5 ounces or 213 grams**

Artichokes

Carbohydrates 8%

Fiber	38%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	8%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	10%
Pantothenic acid	7%
Vitamin B-6	10%
Folate	36%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	3%
Vitamin K	10%

Minerals

Calcium	7%
Copper	25%
Iron	15%
Magnesium	26%
Manganese	24%
Phosphorus	10%
Potassium	20%
Selenium	1%
Sodium	9%
Zinc	7%

Other Nutrients

Beta-carotene	5%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	218
Mineral Score	321
Protein Score	30
Fiber Score	489

Total Nutrients Score	271
Net Food Score	263

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	80%
Proteins	17%
Fats	3%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$4.68**
Net nutrition per dollar is **56**
40% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11007 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.1 ounces or 400 grams**

Arugula

Carbohydrates 5%

Fiber	21%
Sugars, total	15%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	190%
Thiamin (B-1)	9%
Riboflavin (B-2)	12%
Niacin (B-3)	6%
Pantothenic acid	17%
Vitamin B-6	12%
Folate	97%
Vitamin B-12	0%
Vitamin C	67%
Vitamin D	
Vitamin E	11%
Vitamin K	145%

Minerals

Calcium	46%
Copper	15%
Iron	32%
Magnesium	38%
Manganese	56%
Phosphorus	10%
Potassium	37%
Selenium	2%
Sodium	5%
Zinc	13%

Other Nutrients

Beta-carotene	114%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	753
Mineral Score	603
Protein Score	45
Fiber Score	272

Total Nutrients Score	638
Net Food Score	618

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	52%
Proteins	25%
Fats	22%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$2.92**
Net nutrition per dollar is **211**
60% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11959 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.1 ounces or 400 grams**

Asparagus

Carbohydrates 6%

Fiber	28%
Sugars, total	14%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	8%

Vitamins

Vitamin A	60%
Thiamin (B-1)	29%
Riboflavin (B-2)	20%
Niacin (B-3)	18%
Pantothenic acid	11%
Vitamin B-6	15%
Folate	52%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	30%
Vitamin K	55%

Minerals

Calcium	7%
Copper	38%
Iron	48%
Magnesium	11%
Manganese	27%
Phosphorus	10%
Potassium	20%
Selenium	13%
Sodium	0%
Zinc	14%

Other Nutrients

Beta-carotene	36%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	551
Mineral Score	459
Protein Score	298
Fiber Score	357

Total Nutrients Score	538
Net Food Score	525

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	61%
Proteins	35%
Fats	4%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$4.97**
Net nutrition per dollar is **105**
53% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11011

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.7 ounces or 49 grams**

Atlantic mackerel

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	11%
Monounsaturated	12%
Polyunsaturated	7%
Omega-3 fats	77%
Omega-6 fats	0%

Proteins 9%

Histidine*	9%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

Vitamins

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	5%
Niacin (B-3)	20%
Pantothenic acid	4%
Vitamin B-6	8%
Folate	0%
Vitamin B-12	71%
Vitamin C	0%
Vitamin D	44%
Vitamin E	5%
Vitamin K	1%

Minerals

Calcium	0%
Copper	2%
Iron	4%
Magnesium	7%
Manganese	0%
Phosphorus	5%
Potassium	4%
Selenium	31%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	64%
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Food Evaluation

Vitamin Score	287
Mineral Score	136
Protein Score	375
Fiber Score	0

Total Nutrients Score	423
Net Food Score	403

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	39%
Fats	61%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.64**
Net nutrition per dollar is **625**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15046 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Avocado oil

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	7%
Trans fats	
Cholesterol	
Monounsaturated	36%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	32
Net Food Score	26

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$19.99** per pound, the cost of all displayed nutrients is **\$0.50**
Net nutrition per dollar is **52**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04581

Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.2 ounces or 63 grams**

Avocados

Carbohydrates 2%

Fiber	14%
Sugars, total	1%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	28%
Polyunsaturated	5%
Omega-3 fats	4%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	2%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	9%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	9%
Vitamin K	4%

Minerals

Calcium	1%
Copper	6%
Iron	2%
Magnesium	4%
Manganese	4%
Phosphorus	2%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	104
Mineral Score	68
Protein Score	52
Fiber Score	178

Total Nutrients Score	134
Net Food Score	127

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	19%
Proteins	4%
Fats	77%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.56**
Net nutrition per dollar is **228**
74% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09037 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Baby oatmeal, dry

Carbohydrates 6%

Fiber	6%
Sugars, total	1%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	3%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	36%
Riboflavin (B-2)	23%
Niacin (B-3)	41%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	13%
Copper	7%
Iron	66%
Magnesium	7%
Manganese	
Phosphorus	6%
Potassium	3%
Selenium	13%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	192
Mineral Score	296
Protein Score	132
Fiber Score	71

Total Nutrients Score	242
Net Food Score	240

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	12%
Fats	16%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.22**
Net nutrition per dollar is **1085**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 03189

Food Group Code 0300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Bacon, cooked

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	14%
Trans fats	0%
Cholesterol	7%
Monounsaturated	16%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	10%

Proteins 7%

Histidine*	8%
Isoleucine*	7%
Leucine*	5%
Lysine*	6%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	4%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	15%
Sodium	17%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	13%
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Food Evaluation

Vitamin Score	38
Mineral Score	76
Protein Score	260
Fiber Score	0

Total Nutrients Score	119
Net Food Score	85

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	1%
Proteins	28%
Fats	71%

Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$0.20
Net nutrition per dollar is 425
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10860 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 39 grams**

Bagels, plain

Carbohydrates 7%

Fiber	3%
Sugars, total	4%

Fats Name

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	22%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	3%
Iron	13%
Magnesium	2%
Manganese	9%
Phosphorus	2%
Potassium	1%
Selenium	13%
Sodium	8%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
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Food Evaluation

Vitamin Score	82
Mineral Score	118
Protein Score	138
Fiber Score	36

Total Nutrients Score	120
Net Food Score	109

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	16%
Fats	6%

Health Costs

At **\$2.47** per pound, the cost of all displayed nutrients is **\$0.21**
Net nutrition per dollar is **516**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18001

Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 20 grams**

Baking chocolate

Carbohydrates 2%

Fiber	11%
Sugars, total	0%

Fats Name

Saturated	35%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 3%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	1%
Copper	32%
Iron	19%
Magnesium	13%
Manganese	36%
Phosphorus	4%
Potassium	4%
Selenium	2%
Sodium	0%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	5%

Percent(%) of food item's weight that is water:

Water	1%
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Food Evaluation

Vitamin Score	11
Mineral Score	304
Protein Score	80
Fiber Score	141

Total Nutrients Score	160
Net Food Score	124

Unhealthy Score 36

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	5%
Fats	87%

Health Costs

At \$4.50 per pound, the cost of all displayed nutrients is \$0.20
Net nutrition per dollar is 625
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19078 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.8 ounces or 333 grams**

Balsam-pear (bitter gourd)

Carbohydrates 4%

Fiber	
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 18%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	116%
Thiamin (B-1)	30%
Riboflavin (B-2)	43%
Niacin (B-3)	17%
Pantothenic acid	2%
Vitamin B-6	112%
Folate	107%
Vitamin B-12	0%
Vitamin C	326%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	20%
Copper	34%
Iron	38%
Magnesium	57%
Manganese	78%
Phosphorus	17%
Potassium	51%
Selenium	4%
Sodium	2%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score 859
Mineral Score 737
Protein Score 77
Fiber Score

Total Nutrients Score	728
Net Food Score	727

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 39%
Proteins 42%
Fats 19%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$5.78**
Net nutrition per dollar is **126**
38% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11022 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.0 ounces or 112 grams**

Bananas

Carbohydrates 9%

Fiber	10%
Sugars, total	25%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	3%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	17%
Folate	6%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	6%
Manganese	13%
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score 83
Mineral Score 96
Protein Score 43
Fiber Score 124

Total Nutrients Score	96
Net Food Score	73

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 93%
Proteins 4%
Fats 3%

Health Costs

At \$0.69 per pound, the cost of all displayed nutrients is \$0.27
Net nutrition per dollar is 273
64% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09040 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 28 grams

Barley

Carbohydrates 8%

Fiber	16%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	7%
Iron	6%
Magnesium	8%
Manganese	24%
Phosphorus	4%
Potassium	3%
Selenium	15%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	44
Mineral Score	175
Protein Score	133
Fiber Score	208

Total Nutrients Score	129
Net Food Score	128

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	13%
Fats	5%

Health Costs

At **\$1.39** per pound, the cost of all displayed nutrients is **\$0.09**
 Net nutrition per dollar is **1480**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20004 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.1 ounces or 370 grams**

Basil

Carbohydrates 6%

Fiber	48%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	9%
Leucine*	7%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	6%
Tyrosine	3%
Threonine*	8%
Tryptophan*	12%
Valine*	8%

Vitamins

Vitamin A	391%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	16%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	59%
Vitamin B-12	0%
Vitamin C	74%
Vitamin D	
Vitamin E	
Vitamin K	512%

Minerals

Calcium	41%
Copper	54%
Iron	65%
Magnesium	60%
Manganese	233%
Phosphorus	13%
Potassium	43%
Selenium	2%
Sodium	1%
Zinc	21%

Other Nutrients

Beta-carotene	233%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	684
Mineral Score	965
Protein Score	347
Fiber Score	615

Total Nutrients Score	823
Net Food Score	820

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	23%
Fats	19%

Health Costs

At **\$15.92** per pound, the cost of all displayed nutrients is **\$20.31**
Net nutrition per dollar is **40**
64% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02044 Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

Bay leaf spice

Carbohydrates 9%

Fiber	28%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	40%
Thiamin (B-1)	0%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	
Vitamin B-6	23%
Folate	14%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	19%
Copper	7%
Iron	76%
Magnesium	8%
Manganese	113%
Phosphorus	2%
Potassium	4%
Selenium	1%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	177
Mineral Score	546
Protein Score	11
Fiber Score	358

Total Nutrients Score	321
Net Food Score	318

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	6%
Fats	22%

Health Costs

At **\$372.00** per pound, the cost of all displayed nutrients is **\$26.20**
 Net nutrition per dollar is **12**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 117.6 ounces or 3333 grams**

Beef broth, from cube

Carbohydrates 4%

Fiber	0%
Sugars, total	16%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	6%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	0%
Folate	8%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	3%

Minerals

Calcium	2%
Copper	0%
Iron	9%
Magnesium	7%
Manganese	12%
Phosphorus	8%
Potassium	7%
Selenium	33%
Sodium	696%
Zinc	0%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	98%
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Food Evaluation

Vitamin Score	71
Mineral Score	190
Protein Score	51
Fiber Score	0

Total Nutrients Score	121
Net Food Score	11

Unhealthy Score 110

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	38%
Proteins	41%
Fats	21%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$7.28**
Net nutrition per dollar is **1**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06476 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 24 grams**

Beef jerky

Carbohydrates 1%

Fiber	1%
Sugars, total	4%

Fats Name

Saturated	14%
Trans fats	
Cholesterol	4%
Monounsaturated	13%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	0%
Vitamin B-6	2%
Folate	8%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	7%
Magnesium	2%
Manganese	1%
Phosphorus	5%
Potassium	4%
Selenium	4%
Sodium	23%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	23%
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Food Evaluation

Vitamin Score	36
Mineral Score	96
Protein Score	35
Fiber Score	19

Total Nutrients Score	74
Net Food Score	33

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	11%
Proteins	33%
Fats	57%

Health Costs

At \$14.02 per pound, the cost of all displayed nutrients is \$0.75
Net nutrition per dollar is 43
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19002 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 74 grams**

Beef liver

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	5%
Trans fats	3%
Cholesterol	68%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	3%

Proteins 15%

Histidine*	15%
Isoleucine*	16%
Leucine*	15%
Lysine*	13%
Methionine*	9%
Cystine	6%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	14%
Tryptophan*	16%
Valine*	17%

Vitamins

Vitamin A	250%
Thiamin (B-1)	7%
Riboflavin (B-2)	73%
Niacin (B-3)	44%
Pantothenic acid	53%
Vitamin B-6	33%
Folate	54%
Vitamin B-12	732%
Vitamin C	1%
Vitamin D	3%
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	0%
Copper	361%
Iron	20%
Magnesium	3%
Manganese	10%
Phosphorus	14%
Potassium	6%
Selenium	42%
Sodium	2%
Zinc	20%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	244%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	822
Mineral Score	522
Protein Score	671
Fiber Score	0

Total Nutrients Score	754
Net Food Score	684

Unhealthy Score 69

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	11%
Proteins	65%
Fats	24%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.49**
Net nutrition per dollar is **1402**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 13325 Food Group Code 1300

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 52 grams

Beef round, 1-4 in fat

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	14%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 15%

Histidine*	16%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	8%
Valine*	14%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	10%
Pantothenic acid	2%
Vitamin B-6	9%
Folate	1%
Vitamin B-12	28%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	8%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	6%
Selenium	21%
Sodium	1%
Zinc	16%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	61%
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Food Evaluation

Vitamin Score	100
Mineral Score	153
Protein Score	594
Fiber Score	0

Total Nutrients Score	236
Net Food Score	216

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	65%
Fats	35%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.83**
 Net nutrition per dollar is **260**
83% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 13156 Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 77 grams**

Beef tip round, lean, choice

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	15%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 16%

Histidine*	18%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	14%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	5%
Niacin (B-3)	12%
Pantothenic acid	3%
Vitamin B-6	14%
Folate	2%
Vitamin B-12	41%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	3%
Iron	9%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	22%
Sodium	2%
Zinc	25%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	72%
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Food Evaluation

Vitamin Score	142
Mineral Score	191
Protein Score	662
Fiber Score	0

Total Nutrients Score	285
Net Food Score	264

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	69%
Fats	31%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.24
Net nutrition per dollar is 213
82% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 13201

Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 47 grams**

Beef, ground, 15% fat

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	15%
Trans fats	9%
Cholesterol	11%
Monounsaturated	14%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 9%

Histidine*	9%
Isoleucine*	9%
Leucine*	7%
Lysine*	8%
Methionine*	5%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	4%
Valine*	8%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	5%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	10%
Sodium	1%
Zinc	14%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	66%
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Food Evaluation

Vitamin Score	72
Mineral Score	100
Protein Score	325
Fiber Score	0

Total Nutrients Score	155
Net Food Score	124

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	37%
Fats	63%

Health Costs

At \$4.29 per pound, the cost of all displayed nutrients is \$0.44
Net nutrition per dollar is 281
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 23567 Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.5 ounces or 44 grams**

Beef, round, lean

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	9%
Trans fats	
Cholesterol	12%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	15%
Isoleucine*	14%
Leucine*	11%
Lysine*	13%
Methionine*	8%
Cystine	3%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	12%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	10%
Folate	1%
Vitamin B-12	18%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	3%
Iron	7%
Magnesium	3%
Manganese	0%
Phosphorus	5%
Potassium	5%
Selenium	17%
Sodium	1%
Zinc	16%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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Food Evaluation

Vitamin Score 87
Mineral Score 135
Protein Score 553
Fiber Score 0

Total Nutrients Score	215
Net Food Score	195

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 58%
Fats 42%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.58
Net nutrition per dollar is 335
99% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 13215 Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 76 grams**

Beef, top sirloin lean

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	11%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 17%

Histidine*	17%
Isoleucine*	18%
Leucine*	14%
Lysine*	16%
Methionine*	10%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	14%
Tryptophan*	9%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	24%
Pantothenic acid	5%
Vitamin B-6	20%
Folate	2%
Vitamin B-12	14%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	3%
Iron	7%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	30%
Sodium	2%
Zinc	21%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	126
Mineral Score	193
Protein Score	655
Fiber Score	0

Total Nutrients Score	275
Net Food Score	259

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	72%
Fats	28%

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$1.40**
Net nutrition per dollar is **185**
84% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 23611

Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 12.2 ounces or 345 grams**

Beer, light

Carbohydrates 2%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	5%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	1%
Iron	1%
Magnesium	3%
Manganese	1%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	36%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	37
Mineral Score	32
Protein Score	4
Fiber Score	0

Total Nutrients Score	31
Net Food Score	-2

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	9%
Proteins	1%
Fats	0%

Health Costs

At **\$1.00** per pound, the cost of all displayed nutrients is **\$0.76**
Net nutrition per dollar is **-2**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.2 ounces or 233 grams**

Beer, regular

Carbohydrates 3%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	1%
Iron	0%
Magnesium	3%
Manganese	1%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	30%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	31
Mineral Score	25
Protein Score	5
Fiber Score	0

Total Nutrients Score	26
Net Food Score	-1

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	17%
Proteins	2%
Fats	0%

Health Costs

At \$1.00 per pound, the cost of all displayed nutrients is \$0.51
Net nutrition per dollar is -2
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14003 Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.0 ounces or 455 grams**

Beet greens

Carbohydrates 7%

Fiber	56%
Sugars, total	4%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	5%
Isoleucine*	5%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	13%
Valine*	5%

Vitamins

Vitamin A	575%
Thiamin (B-1)	23%
Riboflavin (B-2)	36%
Niacin (B-3)	8%
Pantothenic acid	11%
Vitamin B-6	20%
Folate	17%
Vitamin B-12	0%
Vitamin C	152%
Vitamin D	
Vitamin E	45%
Vitamin K	606%

Minerals

Calcium	38%
Copper	43%
Iron	65%
Magnesium	64%
Manganese	77%
Phosphorus	9%
Potassium	87%
Selenium	6%
Sodium	45%
Zinc	12%

Other Nutrients

Beta-carotene	345%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	803
Mineral Score	972
Protein Score	273
Fiber Score	716

Total Nutrients Score	877
Net Food Score	833

Unhealthy Score 44

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	71%
Proteins	24%
Fats	5%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$3.56**
Net nutrition per dollar is **234**
56% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11086 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **8.2 ounces or 233 grams**

Beets

Carbohydrates 8%

Fiber	22%
Sugars, total	29%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	2%

Vitamins

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	63%
Vitamin B-12	0%
Vitamin C	13%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	9%
Iron	10%
Magnesium	11%
Manganese	33%
Phosphorus	5%
Potassium	19%
Selenium	2%
Sodium	8%
Zinc	5%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	173
Mineral Score	235
Protein Score	103
Fiber Score	277

Total Nutrients Score	216
Net Food Score	183

Unhealthy Score **33**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	11%
Fats	3%

Health Costs

At **\$1.39** per pound, the cost of all displayed nutrients is **\$1.06**
 Net nutrition per dollar is **172**
67% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11080

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 23 grams**

Biscuits, plain, dry mix

Carbohydrates 5%

Fiber	2%
Sugars, total	5%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	9%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	12%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	3%
Copper	2%
Iron	4%
Magnesium	1%
Manganese	3%
Phosphorus	7%
Potassium	1%
Selenium	3%
Sodium	13%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	57
Mineral Score	59
Protein Score	64
Fiber Score	21

Total Nutrients Score	73
Net Food Score	53

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	61%
Proteins	8%
Fats	32%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.10**
Net nutrition per dollar is **514**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18010 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Black beans

Carbohydrates 7%

Fiber	15%
Sugars, total	1%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	13%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	33%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	3%
Copper	12%
Iron	8%
Magnesium	10%
Manganese	14%
Phosphorus	5%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	100
Mineral Score	173
Protein Score	247
Fiber Score	190

Total Nutrients Score	179
Net Food Score	178

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	22%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2774**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16014 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 39 grams**

Black pepper

Carbohydrates 9%

Fiber	35%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	6%
Folate	1%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	2%
Vitamin K	21%

Minerals

Calcium	12%
Copper	22%
Iron	63%
Magnesium	15%
Manganese	96%
Phosphorus	3%
Potassium	12%
Selenium	2%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	85
Mineral Score	557
Protein Score	19
Fiber Score	442

Total Nutrients Score	286
Net Food Score	283

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	8%
Fats	11%

Health Costs

At **\$44.35** per pound, the cost of all displayed nutrients is **\$3.83**
Net nutrition per dollar is **74**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 16 grams**

Black walnuts, dried

Carbohydrates 1%

Fiber	4%
Sugars, total	0%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	26%
Omega-3 fats	20%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	11%
Iron	3%
Magnesium	7%
Manganese	27%
Phosphorus	4%
Potassium	2%
Selenium	4%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	21
Mineral Score	151
Protein Score	142
Fiber Score	47

Total Nutrients Score	145
Net Food Score	142

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	7%
Proteins	14%
Fats	80%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.89**
Net nutrition per dollar is **160**
24% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12154 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.2 ounces or 233 grams**

Blackberries

Carbohydrates 8%

Fiber	41%
Sugars, total	21%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	10%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	15%
Vitamin B-12	0%
Vitamin C	54%
Vitamin D	
Vitamin E	18%
Vitamin K	15%

Minerals

Calcium	5%
Copper	19%
Iron	8%
Magnesium	9%
Manganese	65%
Phosphorus	3%
Potassium	9%
Selenium	1%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	232
Mineral Score	311
Protein Score	14
Fiber Score	525

Total Nutrients Score	274
Net Food Score	255

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	80%
Proteins	11%
Fats	9%

Health Costs

At **\$5.01** per pound, the cost of all displayed nutrients is **\$2.68**
Net nutrition per dollar is **95**
96% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09042 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Blue cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	29%
Trans fats	
Cholesterol	7%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	7%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	8%

Vitamins

Vitamin A	4%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	11%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	6%
Sodium	17%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	42%
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Food Evaluation

Vitamin Score	45
Mineral Score	76
Protein Score	281
Fiber Score	0

Total Nutrients Score	118
Net Food Score	70

Unhealthy Score 48

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	26%
Fats	72%

Health Costs

At **\$9.25** per pound, the cost of all displayed nutrients is **\$0.58**
Net nutrition per dollar is **122**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01004 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.2 ounces or 175 grams**

Blueberries

Carbohydrates 9%

Fiber	14%
Sugars, total	32%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	7%
Vitamin K	11%

Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	2%
Manganese	26%
Phosphorus	1%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	99
Mineral Score	104
Protein Score	33
Fiber Score	179

Total Nutrients Score	109
Net Food Score	80

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	91%
Proteins	4%
Fats	5%

Health Costs

At **\$6.84** per pound, the cost of all displayed nutrients is **\$2.78**
Net nutrition per dollar is **29**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09050 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.8 ounces or 81 grams**

Bluefish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	16%
Monounsaturated	7%
Polyunsaturated	4%
Omega-3 fats	42%
Omega-6 fats	0%

Proteins 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

Vitamins

Vitamin A	6%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	22%
Pantothenic acid	7%
Vitamin B-6	14%
Folate	0%
Vitamin B-12	72%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	9%
Potassium	8%
Selenium	42%
Sodium	2%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score 220
Mineral Score 179
Protein Score 668
Fiber Score 0

Total Nutrients Score 397
Net Food Score 377

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 69%
Fats 31%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.53
Net nutrition per dollar is 709
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15005 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams**

Bologna, beef

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	22%
Trans fats	
Cholesterol	7%
Monounsaturated	22%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	3%
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	2%
Potassium	1%
Selenium	
Sodium	16%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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Food Evaluation

Vitamin Score	34
Mineral Score	31
Protein Score	15
Fiber Score	0

Total Nutrients Score	52
Net Food Score	11

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	14%
Fats	83%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.14**
Net nutrition per dollar is **77**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07201

Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 51 grams**

Boston brown bread, canned

Carbohydrates 8%

Fiber	8%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	2%
Iron	6%
Magnesium	6%
Manganese	23%
Phosphorus	3%
Potassium	4%
Selenium	16%
Sodium	14%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	47%
-------	-----

Food Evaluation

Vitamin Score	24	Total Nutrients Score 97	Caloric Content
Mineral Score	157		
Protein Score	94		
Fiber Score	103		
		Net Food Score 82	Carbohydrates 84%
		Unhealthy Score 15	Proteins 9%
			Fats 6%

SCORES are based on 1000 as the maximum

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.34**

Net nutrition per dollar is **242**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18021 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 27.1 ounces or 769 grams**

Boston lettuce

Carbohydrates 6%

Fiber	28%
Sugars, total	13%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	510%
Thiamin (B-1)	22%
Riboflavin (B-2)	17%
Niacin (B-3)	12%
Pantothenic acid	12%
Vitamin B-6	26%
Folate	140%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	9%
Vitamin K	262%

Minerals

Calcium	19%
Copper	6%
Iron	53%
Magnesium	20%
Manganese	60%
Phosphorus	13%
Potassium	46%
Selenium	7%
Sodium	2%
Zinc	10%

Other Nutrients

Beta-carotene	306%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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Food Evaluation

Vitamin Score	750
Mineral Score	567
Protein Score	45
Fiber Score	360

Total Nutrients Score	629
Net Food Score	615

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	61%
Proteins	25%
Fats	14%

Health Costs

At **\$1.98** per pound, the cost of all displayed nutrients is **\$4.54**
Net nutrition per dollar is **135**
74% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11250 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 15 grams**

Brazilnuts, dried

Carbohydrates 1%

Fiber	4%
Sugars, total	1%

Fats Name

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	4%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

Minerals

Calcium	2%
Copper	13%
Iron	2%
Magnesium	11%
Manganese	8%
Phosphorus	6%
Potassium	3%
Selenium	417%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	22
Mineral Score	361
Protein Score	89
Fiber Score	49

Total Nutrients Score	182
Net Food Score	170

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	8%
Fats	85%

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.46**
Net nutrition per dollar is **369**
51% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12078 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Bread crumbs, seasoned

Carbohydrates 7%

Fiber	4%
Sugars, total	3%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	1%
Thiamin (B-1)	13%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	12%
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	4%

Minerals

Calcium	3%
Copper	3%
Iron	7%
Magnesium	2%
Manganese	11%
Phosphorus	2%
Potassium	2%
Selenium	9%
Sodium	20%
Zinc	2%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	80
Mineral Score	104
Protein Score	129
Fiber Score	54

Total Nutrients Score	111
Net Food Score	89

Unhealthy Score 22

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	15%
Fats	12%

Health Costs

At **\$1.27** per pound, the cost of all displayed nutrients is **\$0.07**
Net nutrition per dollar is **1212**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18376 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Bread stuffing dry mix

Carbohydrates 7%

Fiber	12%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	17%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	3%
Iron	5%
Magnesium	2%
Manganese	6%
Phosphorus	1%
Potassium	1%
Selenium	11%
Sodium	14%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	64
Mineral Score	78
Protein Score	91
Fiber Score	156

Total Nutrients Score	93
Net Food Score	77

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	10%
Fats	9%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.11**
Net nutrition per dollar is **684**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18084 Food Group Code 1800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 30 grams

Brie cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	28%
Trans fats	
Cholesterol	10%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	7%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	8%
Valine*	7%

Vitamins

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	6%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	4%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	1%
Selenium	6%
Sodium	8%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	48%
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Food Evaluation

Vitamin Score	51
Mineral Score	52
Protein Score	287
Fiber Score	0

Total Nutrients Score	114
Net Food Score	73

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	1%
Proteins	27%
Fats	73%

Health Costs

At **\$9.98** per pound, the cost of all displayed nutrients is **\$0.66**
 Net nutrition per dollar is **110**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 10.4 ounces or 294 grams**

Broccoli

Carbohydrates 7%

Fiber	25%
Sugars, total	9%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	8%
Valine*	7%

Vitamins

Vitamin A	37%
Thiamin (B-1)	10%
Riboflavin (B-2)	12%
Niacin (B-3)	9%
Pantothenic acid	17%
Vitamin B-6	21%
Folate	46%
Vitamin B-12	0%
Vitamin C	292%
Vitamin D	
Vitamin E	15%
Vitamin K	100%

Minerals

Calcium	10%
Copper	7%
Iron	12%
Magnesium	12%
Manganese	27%
Phosphorus	10%
Potassium	23%
Selenium	11%
Sodium	4%
Zinc	8%

Other Nutrients

Beta-carotene	21%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	641
Mineral Score	290
Protein Score	254
Fiber Score	325

Total Nutrients Score	511
Net Food Score	499

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	20%
Fats	9%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$1.58**
Net nutrition per dollar is **315**
61% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11090 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.0 ounces or 455 grams**

Broccoli raab

Carbohydrates 5%

Fiber	41%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	10%
Isoleucine*	11%
Leucine*	8%
Lysine*	10%
Methionine*	5%
Cystine	4%
Phenylalanine*	7%
Tyrosine	4%
Threonine*	10%
Tryptophan*	16%
Valine*	12%

Vitamins

Vitamin A	238%
Thiamin (B-1)	37%
Riboflavin (B-2)	21%
Niacin (B-3)	25%
Pantothenic acid	15%
Vitamin B-6	32%
Folate	
Vitamin B-12	
Vitamin C	102%
Vitamin D	
Vitamin E	49%
Vitamin K	339%

Minerals

Calcium	35%
Copper	10%
Iron	54%
Magnesium	20%
Manganese	78%
Phosphorus	17%
Potassium	22%
Selenium	6%
Sodium	7%
Zinc	23%

Other Nutrients

Beta-carotene	143%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	836
Mineral Score	644
Protein Score	490
Fiber Score	522

Total Nutrients Score	804
Net Food Score	794

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	46%
Proteins	35%
Fats	19%

Health Costs

At **\$2.49** per pound, the cost of all displayed nutrients is **\$2.50**
Net nutrition per dollar is **318**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11096 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 12.6 ounces or 357 grams**

Broccoli stalks

Carbohydrates 7%

Fiber	
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	6%
Isoleucine*	9%
Leucine*	5%
Lysine*	6%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	8%
Valine*	8%

Vitamins

Vitamin A	29%
Thiamin (B-1)	12%
Riboflavin (B-2)	15%
Niacin (B-3)	10%
Pantothenic acid	19%
Vitamin B-6	24%
Folate	63%
Vitamin B-12	0%
Vitamin C	370%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	12%
Copper	8%
Iron	17%
Magnesium	18%
Manganese	36%
Phosphorus	12%
Potassium	29%
Selenium	15%
Sodium	4%
Zinc	10%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score 474
Mineral Score 380
Protein Score 307
Fiber Score

Total Nutrients Score	447
Net Food Score	442

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 65%
Proteins 25%
Fats 10%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.78**
Net nutrition per dollar is **567**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11741

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Brown rice

Carbohydrates 8%

Fiber	3%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	8%
Manganese	44%
Phosphorus	5%
Potassium	2%
Selenium	9%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
-------	-----

Food Evaluation

Vitamin Score	45
Mineral Score	186
Protein Score	83
Fiber Score	40

Total Nutrients Score	113
Net Food Score	112

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	7%
Fats	7%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.09**
Net nutrition per dollar is **1259**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20036 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

Brown sugar

Carbohydrates 9%

Fiber	0%
Sugars, total	46%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	4%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	0%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	2
Mineral Score	41
Protein Score	0
Fiber Score	0

Total Nutrients Score	16
Net Food Score	-26

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$2.02** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **-220**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19334 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.2 ounces or 233 grams**

Brussels sprouts

Carbohydrates 8%

Fiber	29%
Sugars, total	9%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	6%
Isoleucine*	7%
Leucine*	4%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	
Threonine*	6%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	35%
Thiamin (B-1)	16%
Riboflavin (B-2)	7%
Niacin (B-3)	8%
Pantothenic acid	7%
Vitamin B-6	21%
Folate	35%
Vitamin B-12	0%
Vitamin C	220%
Vitamin D	
Vitamin E	14%
Vitamin K	137%

Minerals

Calcium	7%
Copper	8%
Iron	18%
Magnesium	11%
Manganese	34%
Phosphorus	8%
Potassium	23%
Selenium	5%
Sodium	3%
Zinc	7%

Other Nutrients

Beta-carotene	21%
Lycopene	0%
Phytosterols	12%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	600
Mineral Score	292
Protein Score	233
Fiber Score	376

Total Nutrients Score	490
Net Food Score	479

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	19%
Fats	6%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.70**
Net nutrition per dollar is **281**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11098 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Buckwheat

Carbohydrates 8%

Fiber	10%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	16%
Iron	4%
Magnesium	13%
Manganese	16%
Phosphorus	5%
Potassium	3%
Selenium	3%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	41	<table border="1"> <tr> <td>Total Nutrients Score</td> <td>119</td> </tr> <tr> <td>Net Food Score</td> <td>118</td> </tr> </table>	Total Nutrients Score	119	Net Food Score	118	<p>Caloric Content</p> <p>Carbohydrates 79%</p> <p>Proteins 13%</p> <p>Fats 8%</p>
Total Nutrients Score	119						
Net Food Score	118						
Mineral Score	161						
Protein Score	137						
Fiber Score	124						
SCORES are based on 1000 as the maximum		<p>Unhealthy Score 1</p>					

Health Costs

At **\$3.43** per pound, the cost of all displayed nutrients is **\$0.22**

Net nutrition per dollar is **534**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20008 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 14 grams**

Butter

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	39%
Trans fats	
Cholesterol	10%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	3%
Omega-6 fats	4%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	7%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	2%
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	3%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	16%
-------	-----

Food Evaluation

Vitamin Score 21
Mineral Score 2
Protein Score 5
Fiber Score 0

Total Nutrients Score 30
Net Food Score -17

Unhealthy Score 47

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 0%
Proteins 1%
Fats 99%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.09
Net nutrition per dollar is -185
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01001

Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.1 ounces or 400 grams**

Cabbage

Carbohydrates 8%

Fiber	33%
Sugars, total	23%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	8%
Thiamin (B-1)	12%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	21%
Folate	43%
Vitamin B-12	0%
Vitamin C	163%
Vitamin D	
Vitamin E	4%
Vitamin K	101%

Minerals

Calcium	11%
Copper	4%
Iron	10%
Magnesium	10%
Manganese	28%
Phosphorus	5%
Potassium	17%
Selenium	2%
Sodium	3%
Zinc	5%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	534
Mineral Score	223
Protein Score	125
Fiber Score	426

Total Nutrients Score	412
Net Food Score	388

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	13%
Fats	3%

Health Costs

At **\$0.79** per pound, the cost of all displayed nutrients is **\$0.87**
Net nutrition per dollar is **445**
80% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11109 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

Cake, white, dry mix

Carbohydrates 7%

Fiber	1%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	1%
Iron	1%
Magnesium	0%
Manganese	3%
Phosphorus	3%
Potassium	0%
Selenium	
Sodium	7%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
-------	----

Food Evaluation

Vitamin Score	7
Mineral Score	24
Protein Score	34
Fiber Score	7

Total Nutrients Score	24
Net Food Score	15

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	4%
Fats	20%

Health Costs

At **\$1.13** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **255**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18419 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.9 ounces or 82 grams**

Canadian bacon

Carbohydrates 1%

Fiber	
Sugars, total	2%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	13%
Monounsaturated	9%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	4%
Iron	4%
Magnesium	3%
Manganese	
Phosphorus	
Potassium	6%
Selenium	
Sodium	36%
Zinc	10%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score 2
Mineral Score 66
Protein Score 60
Fiber Score

Total Nutrients Score	46
Net Food Score	-7

Unhealthy Score 54

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 6%
Proteins 57%
Fats 37%

Health Costs

At \$10.64 per pound, the cost of all displayed nutrients is \$1.92
Net nutrition per dollar is -4
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10857 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Canola oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	30%
Polyunsaturated	15%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	13%
Vitamin K	5%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
-------	----

Food Evaluation

Vitamin Score	31
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	43
Net Food Score	39

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.04**
Net nutrition per dollar is **1047**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04582 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 10.4 ounces or 294 grams**

Cantaloupe

Carbohydrates 9%

Fiber	9%
Sugars, total	42%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	0%
Valine*	2%

Vitamins

Vitamin A	199%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	9%
Folate	15%
Vitamin B-12	0%
Vitamin C	120%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	2%
Copper	6%
Iron	3%
Magnesium	7%
Manganese	5%
Phosphorus	2%
Potassium	20%
Selenium	2%
Sodium	2%
Zinc	4%

Other Nutrients

Beta-carotene	119%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	434
Mineral Score	123
Protein Score	56
Fiber Score	113

Total Nutrients Score	287
Net Food Score	247

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	8%
Fats	5%

Health Costs

At **\$1.33** per pound, the cost of all displayed nutrients is **\$1.69**
Net nutrition per dollar is **146**
51% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09181

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Capers, canned

Carbohydrates 8%

Fiber	46%
Sugars, total	3%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	12%
Thiamin (B-1)	4%
Riboflavin (B-2)	22%
Niacin (B-3)	13%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	26%
Vitamin K	36%

Minerals

Calcium	12%
Copper	81%
Iron	40%
Magnesium	29%
Manganese	15%
Phosphorus	2%
Potassium	4%
Selenium	7%
Sodium	560%
Zinc	9%

Other Nutrients

Beta-carotene	7%
Lycopene	0%
Phytosterols	46%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	284
Mineral Score	487
Protein Score	45
Fiber Score	592

Total Nutrients Score	378
Net Food Score	280

Unhealthy Score 97

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	50%
Proteins	19%
Fats	31%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$9.58**
Net nutrition per dollar is **29**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02054 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Caraway seeds

Carbohydrates 5%

Fiber	38%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	10%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	15%
Copper	14%
Iron	27%
Magnesium	15%
Manganese	17%
Phosphorus	9%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	11%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	60
Mineral Score	298
Protein Score	222
Fiber Score	486

Total Nutrients Score	229
Net Food Score	228

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	43%
Proteins	20%
Fats	37%

Health Costs

At \$69.16 per pound, the cost of all displayed nutrients is \$4.58
Net nutrition per dollar is 50
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02005 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams**

Cardamom

Carbohydrates 8%

Fiber	30%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	3%
Folate	
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	9%
Copper	6%
Iron	25%
Magnesium	15%
Manganese	391%
Phosphorus	3%
Potassium	9%
Selenium	
Sodium	0%
Zinc	16%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	30
Mineral Score	443
Protein Score	15
Fiber Score	383

Total Nutrients Score	210
Net Food Score	209

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	12%
Fats	18%

Health Costs

At **\$115.11** per pound, the cost of all displayed nutrients is **\$8.16**
Net nutrition per dollar is **26**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **8.6 ounces or 244 grams**

Carrots

Carbohydrates 8%

Fiber	23%
Sugars, total	21%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	5%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	10%
Tryptophan*	2%
Valine*	3%

Vitamins

Vitamin A	820%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	11%
Pantothenic acid	7%
Vitamin B-6	14%
Folate	12%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	11%
Vitamin K	11%

Minerals

Calcium	6%
Copper	5%
Iron	4%
Magnesium	6%
Manganese	15%
Phosphorus	4%
Potassium	20%
Selenium	0%
Sodium	7%
Zinc	4%

Other Nutrients

Beta-carotene	404%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	338
Mineral Score	156
Protein Score	171
Fiber Score	291

Total Nutrients Score	287
Net Food Score	261

Unhealthy Score **26**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	6%
Fats	5%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.60**
 Net nutrition per dollar is **436**
89% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11124

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Cashew nuts, raw

Carbohydrates 2%

Fiber	2%
Sugars, total	2%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	0%
Copper	20%
Iron	7%
Magnesium	11%
Manganese	13%
Phosphorus	5%
Potassium	3%
Selenium	5%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	25
Mineral Score	172
Protein Score	134
Fiber Score	25

Total Nutrients Score	123
Net Food Score	114

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	22%
Proteins	11%
Fats	66%

Health Costs

At **\$7.99** per pound, the cost of all displayed nutrients i
Net nutrition per dollar is
of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12087 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 17 grams**

Cashew nuts, roasted

Carbohydrates 2%

Fiber	2%
Sugars, total	2%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	22%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	1%
Copper	19%
Iron	6%
Magnesium	9%
Manganese	6%
Phosphorus	4%
Potassium	2%
Selenium	3%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	25
Mineral Score	139
Protein Score	112
Fiber Score	22

Total Nutrients Score	108
Net Food Score	98

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	23%
Proteins	9%
Fats	68%

Health Costs

At **\$7.99** per pound, the cost of all displayed nutrients is **\$0.31**
Net nutrition per dollar is **321**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12085 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.4 ounces or 95 grams**

Catfish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	23%
Monounsaturated	5%
Polyunsaturated	3%
Omega-3 fats	14%
Omega-6 fats	0%

Proteins 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	15%
Lysine*	18%
Methionine*	12%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	16%
Tryptophan*	16%
Valine*	16%

Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	10%
Pantothenic acid	9%
Vitamin B-6	4%
Folate	2%
Vitamin B-12	46%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	14%
Potassium	10%
Selenium	19%
Sodium	2%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	78%
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Food Evaluation

Vitamin Score 151
Mineral Score 142
Protein Score 728
Fiber Score 0

Total Nutrients Score 309
Net Food Score 283

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 75%
Fats 25%

Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$1.05
Net nutrition per dollar is 270
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15233 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.6 ounces or 103 grams**

Catsup

Carbohydrates 9%

Fiber	1%
Sugars, total	43%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	19%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	0%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	10%
Vitamin K	1%

Minerals

Calcium	1%
Copper	9%
Iron	3%
Magnesium	4%
Manganese	6%
Phosphorus	2%
Potassium	10%
Selenium	0%
Sodium	50%
Zinc	2%

Other Nutrients

Beta-carotene	12%
Lycopene	86%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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Food Evaluation

Vitamin Score	121
Mineral Score	90
Protein Score	53
Fiber Score	13

Total Nutrients Score	107
Net Food Score	24

Unhealthy Score 83

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	4%
Fats	3%

Health Costs

At **\$1.11** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **94**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11935 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.1 ounces or 400 grams**

Cauliflower

Carbohydrates 8%

Fiber	33%
Sugars, total	17%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	6%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	9%
Niacin (B-3)	10%
Pantothenic acid	26%
Vitamin B-6	37%
Folate	57%
Vitamin B-12	0%
Vitamin C	206%
Vitamin D	
Vitamin E	2%
Vitamin K	21%

Minerals

Calcium	6%
Copper	8%
Iron	10%
Magnesium	12%
Manganese	27%
Phosphorus	9%
Potassium	30%
Selenium	3%
Sodium	5%
Zinc	7%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	16%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	479
Mineral Score	276
Protein Score	269
Fiber Score	426

Total Nutrients Score	433
Net Food Score	412

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	20%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$2.24**
Net nutrition per dollar is **184**
39% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11135 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Celery

Carbohydrates 7%

Fiber	33%
Sugars, total	21%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	56%
Thiamin (B-1)	7%
Riboflavin (B-2)	13%
Niacin (B-3)	9%
Pantothenic acid	15%
Vitamin B-6	19%
Folate	56%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	11%
Vitamin K	61%

Minerals

Calcium	18%
Copper	11%
Iron	7%
Magnesium	14%
Manganese	28%
Phosphorus	8%
Potassium	41%
Selenium	4%
Sodium	22%
Zinc	5%

Other Nutrients

Beta-carotene	34%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	470
Mineral Score	327
Protein Score	120
Fiber Score	426

Total Nutrients Score	417
Net Food Score	377

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	17%
Fats	9%

Health Costs

At **\$2.49** per pound, the cost of all displayed nutrients is **\$3.85**
Net nutrition per dollar is **98**
89% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11143 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Celery seeds

Carbohydrates 4%

Fiber	10%
Sugars, total	0%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	18%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	
Vitamin B-6	9%
Folate	1%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	32%
Copper	17%
Iron	64%
Magnesium	22%
Manganese	84%
Phosphorus	7%
Potassium	9%
Selenium	4%
Sodium	2%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	48
Mineral Score	611
Protein Score	20
Fiber Score	128

Total Nutrients Score	280
Net Food Score	275

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	31%
Proteins	15%
Fats	54%

Health Costs

At \$60.46 per pound, the cost of all displayed nutrients is \$3.40
Net nutrition per dollar is 81
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02007 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Cheddar cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	28%
Trans fats	
Cholesterol	9%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	7%

Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	1%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	13%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	5%
Sodium	7%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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Food Evaluation

Vitamin Score	29
Mineral Score	79
Protein Score	282
Fiber Score	0

Total Nutrients Score	111
Net Food Score	72

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	1%
Proteins	26%
Fats	72%

Health Costs

At \$4.49 per pound, the cost of all displayed nutrients is \$0.25
Net nutrition per dollar is 293
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01009 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 33 grams**

Cheese Spread, Velveeta

Carbohydrates 1%

Fiber	0%
Sugars, total	5%

Fats Name

Saturated	26%
Trans fats	
Cholesterol	9%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	7%
Thiamin (B-1)	
Riboflavin (B-2)	4%
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	11%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	14%
Potassium	3%
Selenium	
Sodium	22%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	46%
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Food Evaluation

Vitamin Score 20
Mineral Score 79
Protein Score 24
Fiber Score 0

Total Nutrients Score	44
Net Food Score	-10

Unhealthy Score 54

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 13%
Proteins 22%
Fats 66%

Health Costs

At \$4.79 per pound, the cost of all displayed nutrients is \$0.35
Net nutrition per dollar is -30
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01191 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

CHEX snack mix

Carbohydrates 6%

Fiber	4%
Sugars, total	

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	18%
Riboflavin (B-2)	4%
Niacin (B-3)	18%
Pantothenic acid	1%
Vitamin B-6	15%
Folate	5%
Vitamin B-12	49%
Vitamin C	12%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	5%
Iron	32%
Magnesium	3%
Manganese	16%
Phosphorus	2%
Potassium	2%
Selenium	
Sodium	10%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	215
Mineral Score	155
Protein Score	11
Fiber Score	56

Total Nutrients Score	174
Net Food Score	159

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	55%
Proteins	10%
Fats	35%

Health Costs

At \$5.28 per pound, the cost of all displayed nutrients is \$0.27
Net nutrition per dollar is 579
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19033 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 88.2 ounces or 2500 grams**

Chicken Broth 1% fat

Carbohydrates 1%

Fiber	0%
Sugars, total	7%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	8%
Isoleucine*	4%
Leucine*	4%
Lysine*	5%
Methionine*	4%
Cystine	4%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	14%
Valine*	3%

Vitamins

Vitamin A	
Thiamin (B-1)	9%
Riboflavin (B-2)	19%
Niacin (B-3)	63%
Pantothenic acid	30%
Vitamin B-6	15%
Folate	
Vitamin B-12	83%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	0%

Minerals

Calcium	7%
Copper	24%
Iron	19%
Magnesium	5%
Manganese	12%
Phosphorus	14%
Potassium	19%
Selenium	79%
Sodium	445%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	98%
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Food Evaluation

Vitamin Score	382
Mineral Score	441
Protein Score	297
Fiber Score	0

Total Nutrients Score	419
Net Food Score	324

Unhealthy Score 96

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	13%
Proteins	51%
Fats	36%

Health Costs

At **\$1.10** per pound, the cost of all displayed nutrients is **\$6.06**
Net nutrition per dollar is **53**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06984 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Chicken broth w sodium

Carbohydrates 3%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 13%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	7%
Niacin (B-3)	39%
Pantothenic acid	
Vitamin B-6	3%
Folate	0%
Vitamin B-12	10%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	16%
Iron	7%
Magnesium	1%
Manganese	
Phosphorus	9%
Potassium	13%
Selenium	0%
Sodium	8%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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Food Evaluation

Vitamin Score	102
Mineral Score	129
Protein Score	55
Fiber Score	0

Total Nutrients Score	118
Net Food Score	104

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	26%
Proteins	44%
Fats	30%

Health Costs

At **\$0.90** per pound, the cost of all displayed nutrients is **\$1.24**
Net nutrition per dollar is **84**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06970 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.4 ounces or 323 grams**

Chicken broth, condensed

Carbohydrates 1%

Fiber	0%
Sugars, total	2%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	1%
Monounsaturated	7%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	33%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	16%
Iron	7%
Magnesium	1%
Manganese	28%
Phosphorus	10%
Potassium	14%
Selenium	11%
Sodium	88%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score 100
Mineral Score 224
Protein Score 62
Fiber Score 0

Total Nutrients Score 153
Net Food Score 67

Unhealthy Score 86

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 10%
Proteins 60%
Fats 30%

Health Costs

At \$0.90 per pound, the cost of all displayed nutrients is \$0.64
Net nutrition per dollar is 104
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06013 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.8 ounces or 106 grams**

Chicken gizzards

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	3%
Trans fats	1%
Cholesterol	85%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 19%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	9%
Niacin (B-3)	18%
Pantothenic acid	7%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	21%
Vitamin C	4%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	6%
Iron	15%
Magnesium	3%
Manganese	3%
Phosphorus	8%
Potassium	6%
Selenium	39%
Sodium	3%
Zinc	19%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	123
Mineral Score	242
Protein Score	82
Fiber Score	0

Total Nutrients Score	173
Net Food Score	90

Unhealthy Score 83

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	80%
Fats	20%

Health Costs

At **\$1.19** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **321**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05023 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.0 ounces or 86 grams**

Chicken liver

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	1%
Cholesterol	99%
Monounsaturated	5%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	5%

Proteins 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	14%
Lysine*	13%
Methionine*	9%
Cystine	5%
Phenylalanine*	9%
Tyrosine	7%
Threonine*	13%
Tryptophan*	12%
Valine*	15%

Vitamins

Vitamin A	191%
Thiamin (B-1)	13%
Riboflavin (B-2)	55%
Niacin (B-3)	38%
Pantothenic acid	54%
Vitamin B-6	31%
Folate	127%
Vitamin B-12	238%
Vitamin C	17%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	0%
Copper	21%
Iron	43%
Magnesium	3%
Manganese	10%
Phosphorus	13%
Potassium	5%
Selenium	67%
Sodium	3%
Zinc	15%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	189%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	892
Mineral Score	432
Protein Score	619
Fiber Score	0

Total Nutrients Score	749
Net Food Score	650

Unhealthy Score 99

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	62%
Fats	38%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.57**
Net nutrition per dollar is **1145**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05027 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.7 ounces or 189 grams**

Chicken noodle soup

Carbohydrates 4%

Fiber	0%
Sugars, total	3%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	8%
Valine*	4%

Vitamins

Vitamin A	30%
Thiamin (B-1)	11%
Riboflavin (B-2)	6%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	0%
Folate	18%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	11%
Iron	14%
Magnesium	3%
Manganese	9%
Phosphorus	3%
Potassium	2%
Selenium	27%
Sodium	58%
Zinc	4%

Other Nutrients

Beta-carotene	15%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	135
Mineral Score	181
Protein Score	173
Fiber Score	0

Total Nutrients Score	178
Net Food Score	113

Unhealthy Score 66

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	47%
Proteins	20%
Fats	33%

Health Costs

At **\$1.12** per pound, the cost of all displayed nutrients is **\$0.47**
Net nutrition per dollar is **242**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06019 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

Chicken noodle soup mix

Carbohydrates 6%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	7%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	3%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	8%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	4%
Magnesium	2%
Manganese	5%
Phosphorus	3%
Potassium	2%
Selenium	12%
Sodium	42%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	59
Mineral Score	87
Protein Score	149
Fiber Score	36

Total Nutrients Score	98
Net Food Score	51

Unhealthy Score 47

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	17%
Fats	15%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$0.29**
Net nutrition per dollar is **175**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06128 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.0 ounces or 256 grams**

Chicken rice soup w-veg

Carbohydrates 5%

Fiber	
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	5%
Monounsaturated	5%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	28%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	
Copper	
Iron	
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	37%
Zinc	

Other Nutrients

Beta-carotene	17%
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score 49
Mineral Score 0
Protein Score 28
Fiber Score

Total Nutrients Score	35
Net Food Score	-5

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 52%
Proteins 26%
Fats 21%

Health Costs

At \$1.26 per pound, the cost of all displayed nutrients is \$0.71
Net nutrition per dollar is -7
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06747 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.1 ounces or 145 grams**

Chicken vegetable soup

Carbohydrates 4%

Fiber	
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	3%
Monounsaturated	6%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	72%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	2%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	7%
Iron	5%
Magnesium	1%
Manganese	6%
Phosphorus	3%
Potassium	6%
Selenium	11%
Sodium	28%
Zinc	9%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	172
Mineral Score	118
Protein Score	32
Fiber Score	

Total Nutrients Score	144
Net Food Score	111

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	44%
Proteins	30%
Fats	25%

Health Costs

At **\$1.51** per pound, the cost of all displayed nutrients is **\$0.48**
Net nutrition per dollar is **231**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06024 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.8 ounces or 80 grams**

Chicken, dark meat

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	21%
Monounsaturated	5%
Polyunsaturated	4%
Omega-3 fats	4%
Omega-6 fats	0%

Proteins 16%

Histidine*	16%
Isoleucine*	19%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	14%
Tryptophan*	15%
Valine*	14%

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	5%
Niacin (B-3)	23%
Pantothenic acid	10%
Vitamin B-6	11%
Folate	2%
Vitamin B-12	5%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	1%
Copper	3%
Iron	5%
Magnesium	4%
Manganese	1%
Phosphorus	6%
Potassium	4%
Selenium	15%
Sodium	3%
Zinc	11%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	113
Mineral Score	119
Protein Score	668
Fiber Score	0

Total Nutrients Score	249
Net Food Score	223

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	69%
Fats	31%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.40**
Net nutrition per dollar is **563**
44% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05043 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.1 ounces or 88 grams**

Chicken, light meat

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 20%

Histidine*	20%
Isoleucine*	25%
Leucine*	16%
Lysine*	19%
Methionine*	13%
Cystine	6%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	18%
Tryptophan*	19%
Valine*	18%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	42%
Pantothenic acid	7%
Vitamin B-6	20%
Folate	1%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	1%
Copper	2%
Iron	4%
Magnesium	5%
Manganese	1%
Phosphorus	8%
Potassium	5%
Selenium	22%
Sodium	3%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score	146
Mineral Score	128
Protein Score	846
Fiber Score	0

Total Nutrients Score	301
Net Food Score	282

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	87%
Fats	13%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.35**
Net nutrition per dollar is **810**
55% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05039 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Chickpeas (garbanzo)

Carbohydrates 6%

Fiber	16%
Sugars, total	5%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	5%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	38%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	2%
Copper	12%
Iron	10%
Magnesium	6%
Manganese	26%
Phosphorus	5%
Potassium	6%
Selenium	3%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	110
Mineral Score	185
Protein Score	191
Fiber Score	203

Total Nutrients Score	180
Net Food Score	174

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	18%
Fats	14%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2903**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16056 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Chicory greens

Carbohydrates 7%

Fiber	58%
Sugars, total	6%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	
Phenylalanine*	2%
Tyrosine	
Threonine*	4%
Tryptophan*	11%
Valine*	6%

Vitamins

Vitamin A	497%
Thiamin (B-1)	13%
Riboflavin (B-2)	16%
Niacin (B-3)	10%
Pantothenic acid	50%
Vitamin B-6	19%
Folate	120%
Vitamin B-12	0%
Vitamin C	116%
Vitamin D	
Vitamin E	66%
Vitamin K	431%

Minerals

Calcium	31%
Copper	64%
Iron	22%
Magnesium	26%
Manganese	81%
Phosphorus	10%
Potassium	46%
Selenium	2%
Sodium	9%
Zinc	12%

Other Nutrients

Beta-carotene	298%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	1000
Mineral Score	713
Protein Score	230
Fiber Score	740

Total Nutrients Score	876
Net Food Score	862

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	18%
Fats	11%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$5.83**
Net nutrition per dollar is **148**
82% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11152 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.8 ounces or 250 grams**

Chili peppers

Carbohydrates 8%

Fiber	13%
Sugars, total	24%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	48%
Thiamin (B-1)	9%
Riboflavin (B-2)	8%
Niacin (B-3)	14%
Pantothenic acid	5%
Vitamin B-6	53%
Folate	14%
Vitamin B-12	0%
Vitamin C	399%
Vitamin D	
Vitamin E	12%
Vitamin K	12%

Minerals

Calcium	3%
Copper	16%
Iron	14%
Magnesium	12%
Manganese	20%
Phosphorus	5%
Potassium	20%
Selenium	2%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	27%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	477
Mineral Score	234
Protein Score	160
Fiber Score	160

Total Nutrients Score	376
Net Food Score	353

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	11%
Fats	9%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$2.26**
Net nutrition per dollar is **156**
73% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11819 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams**

Chili powder

Carbohydrates 6%

Fiber	36%
Sugars, total	4%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	189%
Thiamin (B-1)	6%
Riboflavin (B-2)	9%
Niacin (B-3)	11%
Pantothenic acid	
Vitamin B-6	49%
Folate	8%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	62%
Vitamin K	11%

Minerals

Calcium	6%
Copper	7%
Iron	25%
Magnesium	11%
Manganese	30%
Phosphorus	5%
Potassium	15%
Selenium	3%
Sodium	14%
Zinc	6%

Other Nutrients

Beta-carotene	96%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	485
Mineral Score	261
Protein Score	17
Fiber Score	463

Total Nutrients Score	386
Net Food Score	365

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	42%
Proteins	13%
Fats	45%

Health Costs

At **\$10.63** per pound, the cost of all displayed nutrients is **\$0.75**
Net nutrition per dollar is **490**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 27.1 ounces or 769 grams**

Chinese cabbage (bok choy)

Carbohydrates 6%

Fiber	26%
Sugars, total	17%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	6%
Isoleucine*	15%
Leucine*	7%
Lysine*	8%
Methionine*	2%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	8%
Tryptophan*	9%
Valine*	9%

Vitamins

Vitamin A	687%
Thiamin (B-1)	15%
Riboflavin (B-2)	19%
Niacin (B-3)	17%
Pantothenic acid	7%
Vitamin B-6	62%
Folate	127%
Vitamin B-12	0%
Vitamin C	385%
Vitamin D	
Vitamin E	5%
Vitamin K	92%

Minerals

Calcium	58%
Copper	8%
Iron	34%
Magnesium	29%
Manganese	53%
Phosphorus	14%
Potassium	48%
Selenium	5%
Sodium	22%
Zinc	10%

Other Nutrients

Beta-carotene	412%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	903
Mineral Score	632
Protein Score	375
Fiber Score	327

Total Nutrients Score	796
Net Food Score	761

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	59%
Proteins	28%
Fats	13%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.91**
Net nutrition per dollar is **399**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11116 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.8 ounces or 333 grams**

Chives

Carbohydrates 5%

Fiber	28%
Sugars, total	11%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	6%
Isoleucine*	11%
Leucine*	7%
Lysine*	6%
Methionine*	3%
Cystine	
Phenylalanine*	4%
Tyrosine	4%
Threonine*	9%
Tryptophan*	10%
Valine*	9%

Vitamins

Vitamin A	290%
Thiamin (B-1)	13%
Riboflavin (B-2)	14%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	19%
Folate	88%
Vitamin B-12	0%
Vitamin C	215%
Vitamin D	
Vitamin E	5%
Vitamin K	236%

Minerals

Calcium	22%
Copper	26%
Iron	30%
Magnesium	28%
Manganese	54%
Phosphorus	10%
Potassium	25%
Selenium	4%
Sodium	0%
Zinc	12%

Other Nutrients

Beta-carotene	174%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	800
Mineral Score	512
Protein Score	346
Fiber Score	355

Total Nutrients Score	696
Net Food Score	684

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	52%
Proteins	27%
Fats	21%

Health Costs

At **\$42.45** per pound, the cost of all displayed nutrients is **\$31.19**
Net nutrition per dollar is **22**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11156 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 36 grams**

Chocolate syrup

Carbohydrates 8%

Fiber	3%
Sugars, total	32%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	9%
Iron	4%
Magnesium	5%
Manganese	6%
Phosphorus	2%
Potassium	2%
Selenium	1%
Sodium	1%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	2%

Percent(%) of food item's weight that is water:

Water	31%
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Food Evaluation

Vitamin Score	3
Mineral Score	77
Protein Score	22
Fiber Score	40

Total Nutrients Score	38
Net Food Score	6

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	3%
Fats	4%

Health Costs

At **\$1.30** per pound, the cost of all displayed nutrients is **\$0.10**
Net nutrition per dollar is **54**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14181

Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 118 grams**

Chocolate-flavor milk

Carbohydrates 5%

Fiber	2%
Sugars, total	

Fats Name

Saturated	12%
Trans fats	
Cholesterol	4%
Monounsaturated	4%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	0%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	7%
Valine*	4%

Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	8%
Copper	5%
Iron	2%
Magnesium	4%
Manganese	3%
Phosphorus	5%
Potassium	5%
Selenium	6%
Sodium	3%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	50
Mineral Score	103
Protein Score	161
Fiber Score	20

Total Nutrients Score	102
Net Food Score	85

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	53%
Proteins	14%
Fats	33%

Health Costs

At \$2.79 per pound, the cost of all displayed nutrients is \$0.72
Net nutrition per dollar is 117
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14177 Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.8 ounces or 476 grams**

Cider vinegar

Carbohydrates 2%

Fiber	0%
Sugars, total	3%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	2%
Iron	5%
Magnesium	5%
Manganese	52%
Phosphorus	2%
Potassium	9%
Selenium	1%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	0
Mineral Score	190
Protein Score	0
Fiber Score	0

Total Nutrients Score	70
Net Food Score	66

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$0.85** per pound, the cost of all displayed nutrients is **\$0.89**
Net nutrition per dollar is **74**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02048 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 38 grams**

Cinnamon

Carbohydrates 11%

Fiber	69%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	2%
Vitamin K	4%

Minerals

Calcium	34%
Copper	4%
Iron	81%
Magnesium	4%
Manganese	278%
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score 59
Mineral Score 570
Protein Score 7
Fiber Score 885

Total Nutrients Score 305
Net Food Score 302

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 87%
Proteins 3%
Fats 10%

Health Costs

At \$15.46 per pound, the cost of all displayed nutrients is \$1.31
Net nutrition per dollar is 231
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02010 Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **4.8 ounces or 135 grams**

Clams

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	16%
Omega-6 fats	0%

Proteins 17%

Histidine*	11%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	16%
Tryptophan*	16%
Valine*	14%

Vitamins

Vitamin A	8%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	1114%
Vitamin C	20%
Vitamin D	1%
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	4%
Copper	23%
Iron	105%
Magnesium	2%
Manganese	29%
Phosphorus	11%
Potassium	11%
Selenium	47%
Sodium	3%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	8%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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Food Evaluation

Vitamin Score	300
Mineral Score	584
Protein Score	637
Fiber Score	0

Total Nutrients Score	530
Net Food Score	513

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	14%
Proteins	74%
Fats	12%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.19**
 Net nutrition per dollar is **431**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15157

Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.5 ounces or 213 grams**

Clementines

Carbohydrates 9%

Fiber	12%
Sugars, total	36%

Fats Name

Saturated	
Trans fats	
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	3%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	
Vitamin C	115%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	5%
Copper	5%
Iron	2%
Magnesium	4%
Manganese	2%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score 250
Mineral Score 73
Protein Score 8
Fiber Score 154

Total Nutrients Score	167
Net Food Score	135

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 91%
Proteins 6%
Fats 3%

Health Costs

At \$1.20 per pound, the cost of all displayed nutrients is \$0.73
Net nutrition per dollar is 185
77% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09433 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.1 ounces or 31 grams**

Cloves

Carbohydrates 7%

Fiber	35%
Sugars, total	1%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	8%
Folate	7%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	18%
Vitamin K	15%

Minerals

Calcium	14%
Copper	5%
Iron	15%
Magnesium	16%
Manganese	404%
Phosphorus	2%
Potassium	9%
Selenium	3%
Sodium	3%
Zinc	2%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	18%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	148
Mineral Score	403
Protein Score	8
Fiber Score	451

Total Nutrients Score	260
Net Food Score	248

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	45%
Proteins	3%
Fats	52%

Health Costs

At **\$102.93** per pound, the cost of all displayed nutrients is **\$7.02**

Net nutrition per dollar is **35**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02011

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Cocoa mix, powder

Carbohydrates 8%

Fiber	3%
Sugars, total	33%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	4%
Iron	2%
Magnesium	4%
Manganese	3%
Phosphorus	4%
Potassium	4%
Selenium	2%
Sodium	6%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	2%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	22
Mineral Score	67
Protein Score	46
Fiber Score	38

Total Nutrients Score	49
Net Food Score	10

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	7%
Fats	9%

Health Costs

At **\$4.98** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **38**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14192

Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 33 grams**

Cocoa, dry powder

Carbohydrates 6%

Fiber	33%
Sugars, total	1%

Fats Name

Saturated	23%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	60%
Iron	27%
Magnesium	35%
Manganese	
Phosphorus	13%
Potassium	13%
Selenium	6%
Sodium	0%
Zinc	15%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	22%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	26
Mineral Score	416
Protein Score	25
Fiber Score	424

Total Nutrients Score	212
Net Food Score	170

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	41%
Proteins	14%
Fats	45%

Health Costs

At **\$5.07** per pound, the cost of all displayed nutrients is **\$0.37**
Net nutrition per dollar is **456**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19859 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 12 grams**

Coconut oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	54%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	3
Net Food Score	-46

Unhealthy Score 49

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At \$19.99 per pound, the cost of all displayed nutrients is \$0.51
Net nutrition per dollar is -89
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04047

Food Group Code 0400

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.4 ounces or 95 grams

Cod fish

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	17%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	10%
Omega-6 fats	0%

Proteins 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	11%
Pantothenic acid	2%
Vitamin B-6	11%
Folate	2%
Vitamin B-12	17%
Vitamin C	1%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	3%
Magnesium	8%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	51%
Sodium	3%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	98
Mineral Score	197
Protein Score	899
Fiber Score	0

Total Nutrients Score	326
Net Food Score	307

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	93%
Fats	7%

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$1.47**
 Net nutrition per dollar is **209**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15016 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Cod liver oil

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	14%
Trans fats	
Cholesterol	21%
Monounsaturated	24%
Polyunsaturated	11%
Omega-3 fats	130%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	222%
Thiamin (B-1)	
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	277%
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	222%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	349
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	433
Net Food Score	402

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **2749**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04589 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 352.7 ounces or 10000grams**

Coffee, brewed

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	1%
Methionine*	0%
Cystine	5%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	2%
Tryptophan*	0%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	70%
Riboflavin (B-2)	271%
Niacin (B-3)	87%
Pantothenic acid	254%
Vitamin B-6	4%
Folate	50%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	7%
Vitamin K	3%

Minerals

Calcium	14%
Copper	10%
Iron	6%
Magnesium	60%
Manganese	100%
Phosphorus	15%
Potassium	123%
Selenium	0%
Sodium	9%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1333%

Percent(%) of food item's weight that is water:

Water	99%
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Food Evaluation

Vitamin Score	734
Mineral Score	772
Protein Score	208
Fiber Score	0

Total Nutrients Score	710
Net Food Score	612

Unhealthy Score 98

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	71%
Fats	29%

Health Costs

At **\$0.49** per pound, the cost of all displayed nutrients is **\$10.80**
Net nutrition per dollar is **57**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14209

Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 176.4 ounces or 5000 grams**

Coffee, instant, regular

Carbohydrates 6%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	2%
Isoleucine*	1%
Leucine*	2%
Lysine*	1%
Methionine*	0%
Cystine	2%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	0%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	54%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	14%
Copper	20%
Iron	11%
Magnesium	30%
Manganese	33%
Phosphorus	8%
Potassium	38%
Selenium	7%
Sodium	4%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	433%

Percent(%) of food item's weight that is water:

Water	99%
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Food Evaluation

Vitamin Score	98
Mineral Score	397
Protein Score	76
Fiber Score	0

Total Nutrients Score	212
Net Food Score	118

Unhealthy Score 94

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	23%
Fats	0%

Health Costs

At **\$0.49** per pound, the cost of all displayed nutrients is **\$5.40**
Net nutrition per dollar is **22**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14215 Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Colby cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	12%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	5%
Sodium	7%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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Food Evaluation

Vitamin Score	27
Mineral Score	79
Protein Score	275
Fiber Score	0

Total Nutrients Score	109
Net Food Score	71

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	26%
Fats	72%

Health Costs

At **\$4.49** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **281**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01011

Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.8 ounces or 333 grams**

Collards

Carbohydrates 7%

Fiber	40%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	8%
Leucine*	5%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	8%
Valine*	7%

Vitamins

Vitamin A	445%
Thiamin (B-1)	9%
Riboflavin (B-2)	15%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	23%
Folate	138%
Vitamin B-12	0%
Vitamin C	131%
Vitamin D	
Vitamin E	50%
Vitamin K	568%

Minerals

Calcium	35%
Copper	7%
Iron	4%
Magnesium	6%
Manganese	40%
Phosphorus	2%
Potassium	14%
Selenium	6%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	256%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	903
Mineral Score	280
Protein Score	275
Fiber Score	511

Total Nutrients Score	659
Net Food Score	653

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	20%
Fats	12%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.28**
Net nutrition per dollar is **512**
57% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11161

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Coriander (cilantro) leaves

Carbohydrates 6%

Fiber	41%
Sugars, total	7%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	587%
Thiamin (B-1)	15%
Riboflavin (B-2)	25%
Niacin (B-3)	22%
Pantothenic acid	25%
Vitamin B-6	27%
Folate	67%
Vitamin B-12	0%
Vitamin C	130%
Vitamin D	
Vitamin E	72%
Vitamin K	449%

Minerals

Calcium	21%
Copper	49%
Iron	43%
Magnesium	23%
Manganese	81%
Phosphorus	10%
Potassium	57%
Selenium	6%
Sodium	9%
Zinc	14%

Other Nutrients

Beta-carotene	342%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	965
Mineral Score	735
Protein Score	40
Fiber Score	518

Total Nutrients Score	816
Net Food Score	802

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	23%
Fats	19%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$11.27**
Net nutrition per dollar is **71**
85% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11165 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 36 grams**

Coriander leaf, dried

Carbohydrates 7%

Fiber	12%
Sugars, total	5%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	42%
Thiamin (B-1)	22%
Riboflavin (B-2)	19%
Niacin (B-3)	17%
Pantothenic acid	
Vitamin B-6	9%
Folate	25%
Vitamin B-12	0%
Vitamin C	226%
Vitamin D	
Vitamin E	2%
Vitamin K	162%

Minerals

Calcium	32%
Copper	32%
Iron	85%
Magnesium	50%
Manganese	99%
Phosphorus	9%
Potassium	40%
Selenium	15%
Sodium	3%
Zinc	11%

Other Nutrients

Beta-carotene	24%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	588
Mineral Score	903
Protein Score	34
Fiber Score	159

Total Nutrients Score	656
Net Food Score	649

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	67%
Proteins	19%
Fats	14%

Health Costs

At **\$53.63** per pound, the cost of all displayed nutrients is **\$4.24**
Net nutrition per dollar is **153**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 34 grams**

Coriander seed

Carbohydrates 7%

Fiber	47%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	
Vitamin B-6	
Folate	0%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	17%
Copper	16%
Iron	30%
Magnesium	22%
Manganese	28%
Phosphorus	7%
Potassium	11%
Selenium	13%
Sodium	1%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	32
Mineral Score	374
Protein Score	18
Fiber Score	598

Total Nutrients Score	219
Net Food Score	217

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	36%
Proteins	14%
Fats	50%

Health Costs

At **\$69.70** per pound, the cost of all displayed nutrients is **\$5.16**
Net nutrition per dollar is **42**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02013 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Corn flour, enriched

Carbohydrates 8%

Fiber	9%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	20%
Riboflavin (B-2)	7%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	26%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	2%
Iron	11%
Magnesium	6%
Manganese	6%
Phosphorus	3%
Potassium	2%
Selenium	6%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	125
Mineral Score	102
Protein Score	97
Fiber Score	112

Total Nutrients Score	131
Net Food Score	130

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	7%
Fats	9%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.09**
Net nutrition per dollar is **1439**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20017 Food Group Code 2000

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

Corn oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	8%
Trans fats	1%
Cholesterol	0%
Monounsaturated	14%
Polyunsaturated	28%
Omega-3 fats	8%
Omega-6 fats	75%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	24%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	19
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	37
Net Food Score	29

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.02**
 Net nutrition per dollar is **1193**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04518 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.2 ounces or 61 grams**

Corned beef hash

Carbohydrates 2%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	14%
Trans fats	
Cholesterol	7%
Monounsaturated	15%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	2%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	1%
Vitamin B-12	4%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	0%
Iron	3%
Magnesium	2%
Manganese	2%
Phosphorus	2%
Potassium	3%
Selenium	7%
Sodium	11%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	39
Mineral Score	60
Protein Score	142
Fiber Score	29

Total Nutrients Score	86
Net Food Score	57

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	23%
Proteins	21%
Fats	56%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.40**
Net nutrition per dollar is **142**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 22908 Food Group Code 2200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Cornmeal

Carbohydrates 8%

Fiber	4%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	3%
Lysine*	0%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	1%
Iron	2%
Magnesium	2%
Manganese	2%
Phosphorus	1%
Potassium	1%
Selenium	4%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	18
Mineral Score	36
Protein Score	69
Fiber Score	46

Total Nutrients Score	40
Net Food Score	39

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	7%
Fats	4%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **661**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20422 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Cornstarch

Carbohydrates 9%

Fiber	1%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	1%
Iron	1%
Magnesium	0%
Manganese	1%
Phosphorus	0%
Potassium	0%
Selenium	1%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score 0
Mineral Score 8
Protein Score 3
Fiber Score 10

Total Nutrients Score	4
Net Food Score	4

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 100%
Proteins 0%
Fats 0%

Health Costs

At **\$1.15** per pound, the cost of all displayed nutrients is **\$0.07**
Net nutrition per dollar is **64**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20027 Food Group Code 2000

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.9 ounces or 139 grams

Cottage cheese, 1% fat

Carbohydrates 1%

Fiber	0%
Sugars, total	7%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	2%
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 17%

Histidine*	18%
Isoleucine*	23%
Leucine*	18%
Lysine*	16%
Methionine*	12%
Cystine	4%
Phenylalanine*	11%
Tyrosine	11%
Threonine*	16%
Tryptophan*	16%
Valine*	19%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	6%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	9%
Potassium	3%
Selenium	18%
Sodium	25%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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Food Evaluation

Vitamin Score	65
Mineral Score	108
Protein Score	795
Fiber Score	0

Total Nutrients Score	238
Net Food Score	204

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	15%
Proteins	73%
Fats	12%

Health Costs

At **\$1.25** per pound, the cost of all displayed nutrients is **\$0.38**
 Net nutrition per dollar is **532**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

Couscous

Carbohydrates 7%

Fiber	4%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	9%
Phosphorus	2%
Potassium	1%
Selenium	
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	23
Mineral Score	52
Protein Score	115
Fiber Score	57

Total Nutrients Score	59
Net Food Score	58

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	14%
Fats	1%

Health Costs

At **\$3.20** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **311**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20028 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.9 ounces or 111 grams**

Cowpeas (blackeyes)

Carbohydrates 8%

Fiber	19%
Sugars, total	6%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	4%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	18%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	47%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	10%
Copper	7%
Iron	7%
Magnesium	11%
Manganese	27%
Phosphorus	3%
Potassium	12%
Selenium	4%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	77%
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Food Evaluation

Vitamin Score	160
Mineral Score	215
Protein Score	134
Fiber Score	236

Total Nutrients Score	206
Net Food Score	200

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	11%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.48**
Net nutrition per dollar is **420**
51% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11191

Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 115 grams

Crab

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	30%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	23%
Omega-6 fats	0%

Proteins 21%

Histidine*	13%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	18%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	14%
Pantothenic acid	4%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	172%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	7%
Copper	38%
Iron	5%
Magnesium	8%
Manganese	7%
Phosphorus	13%
Potassium	9%
Selenium	61%
Sodium	15%
Zinc	27%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 258
 Mineral Score 429
 Protein Score 838
 Fiber Score 0

Total Nutrients Score 505
Net Food Score 464

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 0%
 Proteins 89%
 Fats 11%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.52
 Net nutrition per dollar is 305
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15139 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Crackers, saltines, fat-free

Carbohydrates 8%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	11%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	1%
Selenium	8%
Sodium	7%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	59
Mineral Score	80
Protein Score	91
Fiber Score	29

Total Nutrients Score	81
Net Food Score	74

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	11%
Fats	3%

Health Costs

At **\$2.00** per pound, the cost of all displayed nutrients is **\$0.11**
Net nutrition per dollar is **660**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18457 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.7 ounces or 217 grams**

Cranberries

Carbohydrates 10%

Fiber	33%
Sugars, total	16%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	3%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	17%
Vitamin K	4%

Minerals

Calcium	1%
Copper	7%
Iron	3%
Magnesium	3%
Manganese	34%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	125	Total Nutrients Score 154	Caloric Content
Mineral Score	134		
Protein Score	51		
Fiber Score	426		
		Net Food Score 140	Carbohydrates 95%
		Unhealthy Score 15	Proteins 3%
			Fats 2%

SCORES are based on 1000 as the maximum

Health Costs

At **\$2.39** per pound, the cost of all displayed nutrients is **\$1.21**

Net nutrition per dollar is **116**

95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09078 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Cranberry beans

Carbohydrates 7%

Fiber	25%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	45%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	12%
Iron	8%
Magnesium	9%
Manganese	12%
Phosphorus	6%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	116
Mineral Score	175
Protein Score	268
Fiber Score	314

Total Nutrients Score	201
Net Food Score	201

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	24%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.07**
Net nutrition per dollar is **3081**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16019 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.9 ounces or 139 grams**

Crayfish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	50%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	13%
Omega-6 fats	0%

Proteins 21%

Histidine*	13%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	17%

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	12%
Pantothenic acid	8%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	49%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	16%
Iron	4%
Magnesium	8%
Manganese	9%
Phosphorus	15%
Potassium	9%
Selenium	56%
Sodium	4%
Zinc	9%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score 157
Mineral Score 316
Protein Score 831
Fiber Score 0

Total Nutrients Score 392
Net Food Score 343

Unhealthy Score 49

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 88%
Fats 12%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.83
Net nutrition per dollar is 187
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15242 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Cream cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	34%
Trans fats	
Cholesterol	11%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	8%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	0%
Iron	2%
Magnesium	0%
Manganese	0%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	4%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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Food Evaluation

Vitamin Score	27
Mineral Score	21
Protein Score	95
Fiber Score	0

Total Nutrients Score	52
Net Food Score	9

Unhealthy Score 43

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	9%
Fats	88%

Health Costs

At **\$1.98** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **72**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.8 ounces or 192 grams**

Cream of mushroom soup

Carbohydrates 6%

Fiber	4%
Sugars, total	7%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	2%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	13%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	3%
Folate	5%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	2%
Copper	21%
Iron	5%
Magnesium	2%
Manganese	5%
Phosphorus	5%
Potassium	18%
Selenium	5%
Sodium	32%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
-------	-----

Food Evaluation

Vitamin Score	53
Mineral Score	163
Protein Score	10
Fiber Score	49

Total Nutrients Score	97
Net Food Score	55

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	62%
Proteins	9%
Fats	29%

Health Costs

At **\$1.47** per pound, the cost of all displayed nutrients is **\$0.62**
Net nutrition per dollar is **88**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06182 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.9 ounces or 167 grams**

Cream of potato soup

Carbohydrates 4%

Fiber	1%
Sugars, total	

Fats Name

Saturated	14%
Trans fats	
Cholesterol	5%
Monounsaturated	5%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	6%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	2%
Pantothenic acid	11%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	6%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	8%
Copper	9%
Iron	2%
Magnesium	2%
Manganese	11%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	31%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	67
Mineral Score	112
Protein Score	168
Fiber Score	14

Total Nutrients Score	116
Net Food Score	71

Unhealthy Score 45

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	46%
Proteins	15%
Fats	38%

Health Costs

At **\$1.44** per pound, the cost of all displayed nutrients is **\$0.53**
Net nutrition per dollar is **135**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06253 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Croutons

Carbohydrates 7%

Fiber	4%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	6%
Magnesium	2%
Manganese	5%
Phosphorus	1%
Potassium	1%
Selenium	13%
Sodium	7%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	53
Mineral Score	79
Protein Score	99
Fiber Score	53

Total Nutrients Score	83
Net Food Score	75

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	74%
Proteins	12%
Fats	14%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.16**
Net nutrition per dollar is **462**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18242 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Crushed tomatoes, canned

Carbohydrates 8%

Fiber	20%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	44%
Thiamin (B-1)	12%
Riboflavin (B-2)	6%
Niacin (B-3)	17%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	10%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	8%
Copper	29%
Iron	23%
Magnesium	13%
Manganese	25%
Phosphorus	5%
Potassium	23%
Selenium	3%
Sodium	18%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	260
Mineral Score	321
Protein Score	117
Fiber Score	253

Total Nutrients Score	294
Net Food Score	277

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	80%
Proteins	12%
Fats	7%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.68**
Net nutrition per dollar is **407**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11693 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 23.5 ounces or 667 grams**

Cucumber

Carbohydrates 9%

Fiber	11%
Sugars, total	20%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	14%
Thiamin (B-1)	9%
Riboflavin (B-2)	8%
Niacin (B-3)	3%
Pantothenic acid	17%
Vitamin B-6	11%
Folate	12%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	1%
Vitamin K	36%

Minerals

Calcium	8%
Copper	14%
Iron	10%
Magnesium	17%
Manganese	23%
Phosphorus	8%
Potassium	25%
Selenium	3%
Sodium	1%
Zinc	9%

Other Nutrients

Beta-carotene	6%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	231
Mineral Score	282
Protein Score	113
Fiber Score	142

Total Nutrients Score	256
Net Food Score	236

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	10%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.50**
Net nutrition per dollar is **157**
97% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11205 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

Cumin seed

Carbohydrates 4%

Fiber	9%
Sugars, total	1%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	7%
Thiamin (B-1)	8%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

Minerals

Calcium	18%
Copper	12%
Iron	98%
Magnesium	20%
Manganese	39%
Phosphorus	7%
Potassium	12%
Selenium	2%
Sodium	2%
Zinc	9%

Other Nutrients

Beta-carotene	4%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	66
Mineral Score	521
Protein Score	21
Fiber Score	119

Total Nutrients Score	254
Net Food Score	250

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	34%
Proteins	16%
Fats	50%

Health Costs

At **\$65.60** per pound, the cost of all displayed nutrients is **\$3.86**
Net nutrition per dollar is **65**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.3 ounces or 94 grams**

Cured Ham

Carbohydrates 0%

Fiber	
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	16%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 17%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	2%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	5%
Iron	4%
Magnesium	4%
Manganese	
Phosphorus	
Potassium	8%
Selenium	
Sodium	43%
Zinc	13%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score 3
Mineral Score 80
Protein Score 76
Fiber Score

Total Nutrients Score	53
Net Food Score	-4

Unhealthy Score 58

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 1%
Proteins 69%
Fats 30%

Health Costs

At \$2.79 per pound, the cost of all displayed nutrients is \$0.58
Net nutrition per dollar is -8
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10851 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 31 grams**

Curry powder

Carbohydrates 7%

Fiber	34%
Sugars, total	2%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	6%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	15%
Folate	12%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	45%
Vitamin K	10%

Minerals

Calcium	11%
Copper	13%
Iron	51%
Magnesium	16%
Manganese	57%
Phosphorus	5%
Potassium	12%
Selenium	8%
Sodium	1%
Zinc	8%

Other Nutrients

Beta-carotene	4%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	181
Mineral Score	436
Protein Score	17
Fiber Score	435

Total Nutrients Score	295
Net Food Score	289

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	52%
Proteins	12%
Fats	36%

Health Costs

At **\$42.88** per pound, the cost of all displayed nutrients is **\$2.91**
Net nutrition per dollar is **99**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.3 ounces** or **35 grams**

Dates

Carbohydrates 10%

Fiber	9%
Sugars, total	41%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	1%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	6%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	21%
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Food Evaluation

Vitamin Score	19
Mineral Score	55
Protein Score	19
Fiber Score	121

Total Nutrients Score	42
Net Food Score	6

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	3%
Fats	1%

Health Costs

At **\$6.38** per pound, the cost of all displayed nutrients is **\$0.55**
 Net nutrition per dollar is **10**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09087

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Dehydrated brown gravy

Carbohydrates 6%

Fiber	2%
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	3%
Iron	3%
Magnesium	2%
Manganese	5%
Phosphorus	3%
Potassium	2%
Selenium	2%
Sodium	57%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score 32
Mineral Score 57
Protein Score 13
Fiber Score 23

Total Nutrients Score 47
Net Food Score -9

Unhealthy Score 56

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 65%
Proteins 12%
Fats 24%

Health Costs

At \$18.72 per pound, the cost of all displayed nutrients is \$1.12
Net nutrition per dollar is -8
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06118 Food Group Code 0600

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.2 ounces or 33 grams**

Dill seed

Carbohydrates 7%

Fiber	23%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	14%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	6%
Leucine*	3%
Lysine*	4%
Methionine*	1%
Cystine	
Phenylalanine*	3%
Tyrosine	
Threonine*	4%
Tryptophan*	
Valine*	7%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	36%
Copper	13%
Iron	30%
Magnesium	17%
Manganese	26%
Phosphorus	5%
Potassium	10%
Selenium	6%
Sodium	0%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	46
Mineral Score	369
Protein Score	156
Fiber Score	294

Total Nutrients Score	225
Net Food Score	224

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	43%
Proteins	18%
Fats	40%

Health Costs

At **\$61.93** per pound, the cost of all displayed nutrients is **\$4.48**
 Net nutrition per dollar is **50**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02016

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 19.6 ounces or 556 grams**

Distilled vinegar

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	13%
Phosphorus	1%
Potassium	0%
Selenium	4%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	0
Mineral Score	61
Protein Score	0
Fiber Score	0

Total Nutrients Score	22
Net Food Score	22

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.21**
Net nutrition per dollar is **18**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02053 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 118 grams**

Dolphinfish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	29%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	9%
Omega-6 fats	0%

Proteins 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	33%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	1%
Vitamin B-12	12%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	7%
Magnesium	7%
Manganese	1%
Phosphorus	8%
Potassium	12%
Selenium	61%
Sodium	5%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	78%
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Food Evaluation

Vitamin Score 144
Mineral Score 254
Protein Score 900
Fiber Score 0

Total Nutrients Score 368
Net Food Score 337

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 93%
Fats 7%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.55
Net nutrition per dollar is 217
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15023 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams**

Dried basil

Carbohydrates 9%

Fiber	54%
Sugars, total	1%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	5%

Vitamins

Vitamin A	75%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	13%
Pantothenic acid	
Vitamin B-6	39%
Folate	27%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	20%
Vitamin K	228%

Minerals

Calcium	60%
Copper	27%
Iron	93%
Magnesium	34%
Manganese	55%
Phosphorus	10%
Potassium	34%
Selenium	2%
Sodium	1%
Zinc	15%

Other Nutrients

Beta-carotene	44%
Lycopene	1%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	536
Mineral Score	800
Protein Score	211
Fiber Score	687

Total Nutrients Score	663
Net Food Score	661

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	14%
Fats	13%

Health Costs

At **\$56.52** per pound, the cost of all displayed nutrients is **\$4.96**
Net nutrition per dollar is **133**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.5 ounces or 42 grams

Dried plums

Carbohydrates 10%

Fiber	10%
Sugars, total	29%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	0%

Vitamins

Vitamin A	7%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	8%

Minerals

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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Food Evaluation

Vitamin Score	51
Mineral Score	69
Protein Score	21
Fiber Score	126

Total Nutrients Score	65
Net Food Score	39

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	3%
Fats	1%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.42**
 Net nutrition per dollar is **93**
87% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09291

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Durum wheat

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	8%
Iron	6%
Magnesium	8%
Manganese	39%
Phosphorus	7%
Potassium	3%
Selenium	38%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score 48
Mineral Score 287
Protein Score 137
Fiber Score

Total Nutrients Score	159
Net Food Score	158

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 79%
Proteins 15%
Fats 6%

Health Costs

At **\$2.06** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **1183**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20076 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 36 grams**

Egg biscuit

Carbohydrates 3%

Fiber	1%
Sugars, total	

Fats Name

Saturated	7%
Trans fats	
Cholesterol	22%
Monounsaturated	11%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	5%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	1%
Iron	4%
Magnesium	1%
Manganese	3%
Phosphorus	5%
Potassium	2%
Selenium	10%
Sodium	10%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	1%
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	50%
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Food Evaluation

Vitamin Score	46
Mineral Score	72
Protein Score	128
Fiber Score	9

Total Nutrients Score	88
Net Food Score	53

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	34%
Proteins	12%
Fats	53%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.16**
Net nutrition per dollar is **330**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 21002 Food Group Code 2100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.8 ounces or 192 grams

Egg white

Carbohydrates 1%

Fiber	0%
Sugars, total	2%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 21%

Histidine*	18%
Isoleucine*	29%
Leucine*	20%
Lysine*	17%
Methionine*	18%
Cystine	13%
Phenylalanine*	16%
Tyrosine	11%
Threonine*	18%
Tryptophan*	20%
Valine*	28%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	30%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	0%
Folate	2%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	0%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	1%
Potassium	8%
Selenium	55%
Sodium	14%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	70
Mineral Score	179
Protein Score	1000
Fiber Score	0

Total Nutrients Score	307
Net Food Score	292

Unhealthy Score 15

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	5%
Proteins	92%
Fats	3%

Health Costs

At **\$0.66** per pound, the cost of all displayed nutrients is **\$0.28**
 Net nutrition per dollar is **1045**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01124 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 31 grams**

Egg yolk

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	16%
Trans fats	
Cholesterol	128%
Monounsaturated	17%
Polyunsaturated	6%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	5%
Valine*	5%

Vitamins

Vitamin A	9%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	0%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	11%
Vitamin B-12	10%
Vitamin C	0%
Vitamin D	8%
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	3%
Copper	1%
Iron	5%
Magnesium	0%
Manganese	1%
Phosphorus	6%
Potassium	1%
Selenium	25%
Sodium	1%
Zinc	5%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	8%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	52%
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Food Evaluation

Vitamin Score	116
Mineral Score	112
Protein Score	210
Fiber Score	0

Total Nutrients Score	163
Net Food Score	59

Unhealthy Score 105

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	4%
Proteins	21%
Fats	74%

Health Costs

At **\$0.66** per pound, the cost of all displayed nutrients is **\$0.05**
Net nutrition per dollar is **1295**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 70 grams**

Egg, whole

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	12%
Trans fats	
Cholesterol	99%
Monounsaturated	12%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 9%

Histidine*	7%
Isoleucine*	11%
Leucine*	8%
Lysine*	7%
Methionine*	6%
Cystine	4%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	10%
Valine*	11%

Vitamins

Vitamin A	7%
Thiamin (B-1)	2%
Riboflavin (B-2)	12%
Niacin (B-3)	0%
Pantothenic acid	10%
Vitamin B-6	4%
Folate	8%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	6%
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	3%
Copper	4%
Iron	7%
Magnesium	2%
Manganese	1%
Phosphorus	7%
Potassium	2%
Selenium	32%
Sodium	4%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	121
Mineral Score	151
Protein Score	397
Fiber Score	0

Total Nutrients Score	213
Net Food Score	110

Unhealthy Score 103

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	35%
Fats	63%

Health Costs

At **\$0.66** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **949**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01123 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 74 grams**

Eggnog

Carbohydrates 4%

Fiber	0%
Sugars, total	11%

Fats Name

Saturated	18%
Trans fats	
Cholesterol	15%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	0%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	6%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	7%
Copper	0%
Iron	1%
Magnesium	3%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	4%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	38
Mineral Score	61
Protein Score	127
Fiber Score	0

Total Nutrients Score	75
Net Food Score	34

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	39%
Proteins	12%
Fats	49%

Health Costs

At **\$0.87** per pound, the cost of all displayed nutrients is **\$0.14**
Net nutrition per dollar is **238**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01057 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.7 ounces or 417 grams**

Eggplant

Carbohydrates 9%

Fiber	47%
Sugars, total	18%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	4%

Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	6%
Niacin (B-3)	12%
Pantothenic acid	12%
Vitamin B-6	15%
Folate	23%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	8%
Vitamin K	5%

Minerals

Calcium	3%
Copper	17%
Iron	6%
Magnesium	12%
Manganese	45%
Phosphorus	5%
Potassium	24%
Selenium	2%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	176
Mineral Score	286
Protein Score	140
Fiber Score	603

Total Nutrients Score	267
Net Food Score	250

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	10%
Fats	7%

Health Costs

At **\$1.29** per pound, the cost of all displayed nutrients is **\$1.46**
Net nutrition per dollar is **171**
81% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11209 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 20.7 ounces or 588 grams**

Endive

Carbohydrates 7%

Fiber	61%
Sugars, total	3%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	2%
Valine*	7%

Vitamins

Vitamin A	255%
Thiamin (B-1)	24%
Riboflavin (B-2)	16%
Niacin (B-3)	11%
Pantothenic acid	53%
Vitamin B-6	5%
Folate	209%
Vitamin B-12	0%
Vitamin C	42%
Vitamin D	
Vitamin E	17%
Vitamin K	453%

Minerals

Calcium	22%
Copper	29%
Iron	27%
Magnesium	18%
Manganese	107%
Phosphorus	8%
Potassium	46%
Selenium	2%
Sodium	6%
Zinc	31%

Other Nutrients

Beta-carotene	153%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	816
Mineral Score	686
Protein Score	248
Fiber Score	776

Total Nutrients Score	777
Net Food Score	768

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	18%
Fats	10%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$3.00**
Net nutrition per dollar is **256**
86% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11213 Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams

English muffins w. calcium

Carbohydrates 7%

Fiber	3%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	17%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	5%
Copper	3%
Iron	10%
Magnesium	2%
Manganese	10%
Phosphorus	2%
Potassium	1%
Selenium	14%
Sodium	8%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	33%
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Food Evaluation

Vitamin Score	75
Mineral Score	123
Protein Score	145
Fiber Score	44

Total Nutrients Score	121
Net Food Score	111

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	15%
Fats	7%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.16**
 Net nutrition per dollar is **684**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18259 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.5 ounces or 43 grams**

English Muffins, Thomas

Carbohydrates 7%

Fiber	
Sugars, total	

Fats Name

Saturated	1%
Trans fats	1%
Cholesterol	
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	6%
Copper	
Iron	3%
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	6%
Zinc	

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	43%
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Food Evaluation

Vitamin Score 0
Mineral Score 22
Protein Score 15
Fiber Score

Total Nutrients Score	12
Net Food Score	5

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 79%
Proteins 14%
Fats 7%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.38**
Net nutrition per dollar is **12**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18639 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 71 grams**

Ensure plus

Carbohydrates 5%

Fiber	0%
Sugars, total	26%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	7%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	12%
Vitamin B-12	7%
Vitamin C	9%
Vitamin D	7%
Vitamin E	6%
Vitamin K	2%

Minerals

Calcium	4%
Copper	7%
Iron	7%
Magnesium	6%
Manganese	16%
Phosphorus	3%
Potassium	3%
Selenium	7%
Sodium	3%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	139
Mineral Score	145
Protein Score	16
Fiber Score	0

Total Nutrients Score	132
Net Food Score	104

Unhealthy Score 28

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	56%
Proteins	15%
Fats	29%

Health Costs

At **\$2.90** per pound, the cost of all displayed nutrients is **\$0.45**
Net nutrition per dollar is **229**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43528 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

European chestnuts, dried

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	8%
Folate	7%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	9%
Iron	4%
Magnesium	4%
Manganese	14%
Phosphorus	2%
Potassium	7%
Selenium	
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score 49
Mineral Score 99
Protein Score 53
Fiber Score

Total Nutrients Score	74
Net Food Score	73

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 86%
Proteins 5%
Fats 9%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.60**
Net nutrition per dollar is **122**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12100 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 75 grams**

Evaporated milk

Carbohydrates 3%

Fiber	0%
Sugars, total	14%

Fats Name

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	2%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	14%
Copper	1%
Iron	1%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	2%
Sodium	3%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	46
Mineral Score	94
Protein Score	232
Fiber Score	0

Total Nutrients Score	113
Net Food Score	75

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	29%
Proteins	22%
Fats	49%

Health Costs

At **\$1.08** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **420**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

Fava beans

Carbohydrates 6%

Fiber	24%
Sugars, total	3%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	1%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	31%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	2%
Copper	12%
Iron	11%
Magnesium	11%
Manganese	21%
Phosphorus	6%
Potassium	8%
Selenium	3%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	97
Mineral Score	196
Protein Score	266
Fiber Score	312

Total Nutrients Score	199
Net Food Score	195

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	27%
Fats	4%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **3054**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16052 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.4 ounces or 323 grams**

Fennel bulbs

Carbohydrates 9%

Fiber	33%
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	9%
Thiamin (B-1)	2%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	22%
Vitamin B-12	0%
Vitamin C	43%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	11%
Copper	11%
Iron	13%
Magnesium	11%
Manganese	27%
Phosphorus	8%
Potassium	33%
Selenium	3%
Sodium	7%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	178
Mineral Score	295
Protein Score	17
Fiber Score	426

Total Nutrients Score	234
Net Food Score	227

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	10%
Fats	5%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$9.87**
Net nutrition per dollar is **23**
72% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11957 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 38 grams**

Feta cheese

Carbohydrates 1%

Fiber	0%
Sugars, total	3%

Fats Name

Saturated	31%
Trans fats	
Cholesterol	11%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	11%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	7%
Folate	3%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	13%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	8%
Sodium	18%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	55%
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Food Evaluation

Vitamin Score	77
Mineral Score	96
Protein Score	247
Fiber Score	0

Total Nutrients Score	133
Net Food Score	76

Unhealthy Score 56

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	6%
Proteins	23%
Fats	71%

Health Costs

At **\$6.38** per pound, the cost of all displayed nutrients is **\$0.53**
Net nutrition per dollar is **143**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01019 Food Group Code 0100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams

Fig bars

Carbohydrates 7%

Fiber	4%
Sugars, total	24%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	1%
Copper	2%
Iron	5%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	4%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	17%
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Food Evaluation

Vitamin Score	27
Mineral Score	45
Protein Score	35
Fiber Score	56

Total Nutrients Score	45
Net Food Score	18

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	4%
Fats	18%

Health Costs

At **\$3.69** per pound, the cost of all displayed nutrients is **\$0.23**
 Net nutrition per dollar is **75**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18170 Food Group Code 1800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **4.8 ounces or 135 grams**

Figs

Carbohydrates 9%

Fiber	13%
Sugars, total	40%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	4%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	2%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	3%
Copper	5%
Iron	3%
Magnesium	5%
Manganese	8%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	55
Mineral Score	81
Protein Score	29
Fiber Score	167

Total Nutrients Score	76
Net Food Score	40

Unhealthy Score 36

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	3%
Fats	3%

Health Costs

At **\$6.38** per pound, the cost of all displayed nutrients is **\$1.92**
 Net nutrition per dollar is **21**
99% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09089

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Flaxseed oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	10%
Polyunsaturated	34%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	13%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	23
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	21
Net Food Score	16

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$7.99** per pound, the cost of all displayed nutrients is **\$0.20**
Net nutrition per dollar is **80**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 42231

Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 19 grams**

Flaxseeds

Carbohydrates 2%

Fiber	17%
Sugars, total	1%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	24%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	4%
Leucine*	2%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	15%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	11%
Iron	6%
Magnesium	15%
Manganese	20%
Phosphorus	6%
Potassium	4%
Selenium	7%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	51
Mineral Score	189
Protein Score	139
Fiber Score	218

Total Nutrients Score	146
Net Food Score	142

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	22%
Proteins	12%
Fats	66%

Health Costs

At **\$2.49** per pound, the cost of all displayed nutrients is **\$0.10**
Net nutrition per dollar is **1377**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12220 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.9 ounces or 110 grams**

Flounder

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	18%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	17%
Omega-6 fats	0%

Proteins 21%

Histidine*	19%
Isoleucine*	22%
Leucine*	18%
Lysine*	21%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	19%
Tryptophan*	19%
Valine*	19%

Vitamins

Vitamin A	1%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	14%
Pantothenic acid	6%
Vitamin B-6	10%
Folate	2%
Vitamin B-12	28%
Vitamin C	2%
Vitamin D	16%
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	2%
Magnesium	7%
Manganese	1%
Phosphorus	10%
Potassium	10%
Selenium	51%
Sodium	4%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 158
Mineral Score 213
Protein Score 857
Fiber Score 0

Total Nutrients Score 366
Net Food Score 345

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 88%
Fats 12%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.45
Net nutrition per dollar is 238
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15028 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.6 ounces or 244 grams**

Fortified skim milk

Carbohydrates 5%

Fiber	0%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	2%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	8%
Isoleucine*	13%
Leucine*	10%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	9%
Tryptophan*	11%
Valine*	12%

Vitamins

Vitamin A	10%
Thiamin (B-1)	5%
Riboflavin (B-2)	17%
Niacin (B-3)	1%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	4%
Vitamin B-12	17%
Vitamin C	3%
Vitamin D	24%
Vitamin E	
Vitamin K	

Minerals

Calcium	25%
Copper	1%
Iron	1%
Magnesium	8%
Manganese	0%
Phosphorus	14%
Potassium	11%
Selenium	8%
Sodium	6%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	10%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	168
Mineral Score	183
Protein Score	441
Fiber Score	0

Total Nutrients Score	245
Net Food Score	236

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	53%
Proteins	42%
Fats	5%

Health Costs

At **\$0.36** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **1218**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01087 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 31 grams**

Frankfurter beef

Carbohydrates 0%

Fiber	0%
Sugars, total	2%

Fats Name

Saturated	19%
Trans fats	
Cholesterol	6%
Monounsaturated	20%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	4%
Isoleucine*	4%
Leucine*	3%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	8%
Vitamin C	
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	3%
Magnesium	1%
Manganese	1%
Phosphorus	3%
Potassium	1%
Selenium	5%
Sodium	15%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	52%
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Food Evaluation

Vitamin Score	30
Mineral Score	51
Protein Score	153
Fiber Score	0

Total Nutrients Score	83
Net Food Score	46

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	5%
Proteins	14%
Fats	81%

Health Costs

At \$4.19 per pound, the cost of all displayed nutrients is \$0.28
Net nutrition per dollar is 161
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07945 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 39 grams**

Frankfurter, chicken

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	12%
Trans fats	
Cholesterol	13%
Monounsaturated	15%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	4%
Leucine*	4%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	5%
Tryptophan*	3%
Valine*	4%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	0%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	1%
Iron	4%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	1%
Selenium	10%
Sodium	23%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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Food Evaluation

Vitamin Score	35
Mineral Score	60
Protein Score	187
Fiber Score	0

Total Nutrients Score	92
Net Food Score	49

Unhealthy Score 43

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	10%
Proteins	21%
Fats	68%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.26**
Net nutrition per dollar is **192**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07024 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams**

Frankfurter, pork

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	18%
Trans fats	
Cholesterol	8%
Monounsaturated	18%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	5%
Valine*	5%

Vitamins

Vitamin A	2%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	0%
Vitamin B-12	3%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	7%
Copper	1%
Iron	8%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	15%
Sodium	13%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	60%
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Food Evaluation

Vitamin Score	54
Mineral Score	104
Protein Score	199
Fiber Score	2

Total Nutrients Score	124
Net Food Score	89

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	19%
Fats	80%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **363**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07939 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 44 grams**

Frankfurter, turkey

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	14%
Trans fats	
Cholesterol	16%
Monounsaturated	11%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	8%
Isoleucine*	5%
Leucine*	5%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	4%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	8%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	3%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	10%
Sodium	27%
Zinc	9%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	63%
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Food Evaluation

Vitamin Score	42
Mineral Score	86
Protein Score	250
Fiber Score	0

Total Nutrients Score	115
Net Food Score	63

Unhealthy Score 51

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	27%
Fats	71%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **327**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07025 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 45 grams**

French vanilla ice cream

Carbohydrates 4%

Fiber	1%
Sugars, total	17%

Fats Name

Saturated	18%
Trans fats	
Cholesterol	14%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	5%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	4%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	60%
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Food Evaluation

Vitamin Score	35
Mineral Score	36
Protein Score	75
Fiber Score	13

Total Nutrients Score	54
Net Food Score	9

Unhealthy Score 45

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	40%
Proteins	7%
Fats	53%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **58**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19090 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.9 ounces or 54 grams**

Fresh tuna

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	9%
Monounsaturated	5%
Polyunsaturated	5%
Omega-3 fats	57%
Omega-6 fats	0%

Proteins 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

Vitamins

Vitamin A	27%
Thiamin (B-1)	8%
Riboflavin (B-2)	6%
Niacin (B-3)	26%
Pantothenic acid	7%
Vitamin B-6	12%
Folate	0%
Vitamin B-12	99%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	3%
Iron	4%
Magnesium	7%
Manganese	0%
Phosphorus	9%
Potassium	4%
Selenium	36%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	27%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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Food Evaluation

Vitamin Score 323
Mineral Score 163
Protein Score 672
Fiber Score 0

Total Nutrients Score 469
Net Food Score 456

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 69%
Fats 31%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.48**
Net nutrition per dollar is **954**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15118 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.0 ounces or 114 grams**

Fruit cocktail in syrup

Carbohydrates 9%

Fiber	4%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	5%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	2%
Selenium	
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	25
Mineral Score	43
Protein Score	2
Fiber Score	53

Total Nutrients Score	33
Net Food Score	33

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	98%
Proteins	1%
Fats	1%

Health Costs

At **\$1.21** per pound, the cost of all displayed nutrients is **\$0.30**
Net nutrition per dollar is **108**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09101

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Garden cress

Carbohydrates 6%

Fiber	11%
Sugars, total	25%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	432%
Thiamin (B-1)	13%
Riboflavin (B-2)	29%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	32%
Folate	63%
Vitamin B-12	0%
Vitamin C	240%
Vitamin D	
Vitamin E	15%
Vitamin K	564%

Minerals

Calcium	18%
Copper	27%
Iron	23%
Magnesium	24%
Manganese	75%
Phosphorus	12%
Potassium	47%
Selenium	4%
Sodium	2%
Zinc	5%

Other Nutrients

Beta-carotene	259%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	824
Mineral Score	568
Protein Score	35
Fiber Score	146

Total Nutrients Score	653
Net Food Score	629

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	62%
Proteins	20%
Fats	18%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$2.90**
Net nutrition per dollar is **217**
71% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11203 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **2.4 ounces or 67 grams**

Garlic

Carbohydrates 8%

Fiber	5%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	35%
Folate	1%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	9%
Copper	10%
Iron	6%
Magnesium	3%
Manganese	49%
Phosphorus	5%
Potassium	7%
Selenium	14%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	59%
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Food Evaluation

Vitamin Score	129
Mineral Score	262
Protein Score	122
Fiber Score	60

Total Nutrients Score	192
Net Food Score	190

Unhealthy Score **2**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	12%
Fats	3%

Health Costs

At **\$2.49** per pound, the cost of all displayed nutrients is **\$0.42**
 Net nutrition per dollar is **450**
87% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11215

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Garlic powder

Carbohydrates 8%

Fiber	10%
Sugars, total	13%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	37%
Folate	0%
Vitamin B-12	0%
Vitamin C	6%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	2%
Iron	5%
Magnesium	3%
Manganese	7%
Phosphorus	6%
Potassium	8%
Selenium	16%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	94
Mineral Score	134
Protein Score	157
Fiber Score	127

Total Nutrients Score	139
Net Food Score	127

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	14%
Fats	2%

Health Costs

At **\$35.48** per pound, the cost of all displayed nutrients is **\$2.36**
Net nutrition per dollar is **54**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02020 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Gelatin desserts, dry mix

Carbohydrates 4%

Fiber	0%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 16%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	8%
Methionine*	3%
Cystine	0%
Phenylalanine*	4%
Tyrosine	1%
Threonine*	7%
Tryptophan*	0%
Valine*	8%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	15%
Iron	0%
Magnesium	0%
Manganese	1%
Phosphorus	19%
Potassium	0%
Selenium	11%
Sodium	2%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	5
Mineral Score	109
Protein Score	271
Fiber Score	0

Total Nutrients Score	99
Net Food Score	97

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	37%
Proteins	63%
Fats	0%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.38**
Net nutrition per dollar is **253**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19704 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.4 ounces or 125 grams**

Ginger root

Carbohydrates 8%

Fiber	8%
Sugars, total	4%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	8%
Folate	3%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	14%
Iron	4%
Magnesium	11%
Manganese	12%
Phosphorus	2%
Potassium	13%
Selenium	1%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	54
Mineral Score	151
Protein Score	53
Fiber Score	106

Total Nutrients Score	102
Net Food Score	97

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	6%
Fats	8%

Health Costs

At **\$13.28** per pound, the cost of all displayed nutrients is **\$3.94**
Net nutrition per dollar is **25**
93% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11216 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

Gingersnaps

Carbohydrates 7%

Fiber	2%
Sugars, total	9%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	9%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	9%
Magnesium	2%
Manganese	16%
Phosphorus	1%
Potassium	2%
Selenium	2%
Sodium	7%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	36
Mineral Score	92
Protein Score	47
Fiber Score	23

Total Nutrients Score	69
Net Food Score	52

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	74%
Proteins	5%
Fats	21%

Health Costs

At **\$3.65** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **270**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18172 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 25 grams**

Glazed doughnuts

Carbohydrates 4%

Fiber	1%
Sugars, total	

Fats Name

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	4%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	25%
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Food Evaluation

Vitamin Score	28
Mineral Score	26
Protein Score	57
Fiber Score	13

Total Nutrients Score	50
Net Food Score	39

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	44%
Proteins	6%
Fats	50%

Health Costs

At **\$3.22** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **220**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18436 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 22 grams**

Goat cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	29%
Trans fats	
Cholesterol	8%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	6%
Leucine*	6%
Lysine*	5%
Methionine*	4%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	8%

Vitamins

Vitamin A	8%
Thiamin (B-1)	2%
Riboflavin (B-2)	9%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	14%
Copper	7%
Iron	2%
Magnesium	2%
Manganese	2%
Phosphorus	8%
Potassium	0%
Selenium	2%
Sodium	3%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	29%
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Food Evaluation

Vitamin Score	42
Mineral Score	99
Protein Score	268
Fiber Score	0

Total Nutrients Score	120
Net Food Score	83

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	29%
Fats	69%

Health Costs

At **\$13.16** per pound, the cost of all displayed nutrients is **\$0.64**
Net nutrition per dollar is **130**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.1 ounces or 145 grams**

Goat milk

Carbohydrates 2%

Fiber	0%
Sugars, total	12%

Fats Name

Saturated	21%
Trans fats	
Cholesterol	5%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	5%
Valine*	6%

Vitamins

Vitamin A	6%
Thiamin (B-1)	3%
Riboflavin (B-2)	7%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	3%
Folate	0%
Vitamin B-12	2%
Vitamin C	2%
Vitamin D	4%
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	14%
Copper	3%
Iron	0%
Magnesium	4%
Manganese	1%
Phosphorus	8%
Potassium	7%
Selenium	3%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	61
Mineral Score	107
Protein Score	228
Fiber Score	0

Total Nutrients Score	124
Net Food Score	87

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	25%
Proteins	22%
Fats	53%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.96**
Net nutrition per dollar is **91**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Gouda cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	27%
Trans fats	
Cholesterol	11%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	9%
Isoleucine*	8%
Leucine*	8%
Lysine*	8%
Methionine*	5%
Cystine	2%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	6%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	3%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	14%
Copper	1%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	8%
Potassium	1%
Selenium	6%
Sodium	10%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	41%
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Food Evaluation

Vitamin Score	32
Mineral Score	93
Protein Score	347
Fiber Score	0

Total Nutrients Score	131
Net Food Score	87

Unhealthy Score 43

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	30%
Fats	68%

Health Costs

At **\$11.41** per pound, the cost of all displayed nutrients is **\$0.71**
Net nutrition per dollar is **123**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 25.2 ounces or 714 grams**

Gourd

Carbohydrates 9%

Fiber	
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	1%
Isoleucine*	5%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	
Phenylalanine*	1%
Tyrosine	
Threonine*	3%
Tryptophan*	2%
Valine*	3%

Vitamins

Vitamin A	2%
Thiamin (B-1)	10%
Riboflavin (B-2)	6%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	12%
Folate	11%
Vitamin B-12	0%
Vitamin C	80%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	13%
Copper	9%
Iron	8%
Magnesium	16%
Manganese	20%
Phosphorus	5%
Potassium	27%
Selenium	2%
Sodium	1%
Zinc	33%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	96%
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Food Evaluation

Vitamin Score 248
Mineral Score 324
Protein Score 109
Fiber Score

Total Nutrients Score	269
Net Food Score	269

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 88%
Proteins 11%
Fats 1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$2.23**
Net nutrition per dollar is **121**
70% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11218 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

Graham crackers

Carbohydrates 7%

Fiber	2%
Sugars, total	13%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	8%
Phosphorus	1%
Potassium	1%
Selenium	3%
Sodium	6%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	29
Mineral Score	59
Protein Score	56
Fiber Score	28

Total Nutrients Score	54
Net Food Score	34

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	6%
Fats	21%

Health Costs

At **\$2.67** per pound, the cost of all displayed nutrients is **\$0.14**
Net nutrition per dollar is **247**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18173 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 21 grams**

Granola bars

Carbohydrates 5%

Fiber	4%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	4%
Iron	3%
Magnesium	4%
Manganese	16%
Phosphorus	3%
Potassium	2%
Selenium	5%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	17
Mineral Score	101
Protein Score	81
Fiber Score	48

Total Nutrients Score	70
Net Food Score	65

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	55%
Proteins	8%
Fats	37%

Health Costs

At **\$6.63** per pound, the cost of all displayed nutrients is **\$0.31**
Net nutrition per dollar is **209**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19015 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.0 ounces or 56 grams**

Grape juice concentrate, w-C

Carbohydrates 9%

Fiber	1%
Sugars, total	45%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	52%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	1%
Iron	1%
Magnesium	2%
Manganese	15%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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Food Evaluation

Vitamin Score	106	Total Nutrients Score	76	Caloric Content	
Mineral Score	53				
Protein Score	5	Net Food Score	35	Carbohydrates	97%
Fiber Score	7	Unhealthy Score	41	Proteins	1%
SCORES are based on 1000 as the maximum				Fats	1%

Health Costs

At **\$2.39** per pound, the cost of all displayed nutrients is **\$0.29**

Net nutrition per dollar is **120**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.8 ounces or 108 grams**

Grape leaves

Carbohydrates 7%

Fiber	39%
Sugars, total	12%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	592%
Thiamin (B-1)	2%
Riboflavin (B-2)	14%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	18%
Folate	22%
Vitamin B-12	0%
Vitamin C	13%
Vitamin D	
Vitamin E	14%
Vitamin K	39%

Minerals

Calcium	28%
Copper	22%
Iron	16%
Magnesium	20%
Manganese	133%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	348%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	413
Mineral Score	497
Protein Score	26
Fiber Score	503

Total Nutrients Score	436
Net Food Score	423

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	66%
Proteins	15%
Fats	19%

Health Costs

At **\$2.79** per pound, the cost of all displayed nutrients is **\$0.70**
Net nutrition per dollar is **607**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11974 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Grapefruit

Carbohydrates 9%

Fiber	11%
Sugars, total	40%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	58%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	8%
Vitamin B-12	0%
Vitamin C	119%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	3%
Copper	7%
Iron	2%
Magnesium	5%
Manganese	2%
Phosphorus	1%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	35%
Lycopene	18%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	339
Mineral Score	80
Protein Score	42
Fiber Score	146

Total Nutrients Score	222
Net Food Score	187

Unhealthy Score 36

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	91%
Proteins	7%
Fats	3%

Health Costs

At **\$1.48** per pound, the cost of all displayed nutrients is **\$2.04**
Net nutrition per dollar is **92**
50% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09111

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.0 ounces or 256 grams**

Grapefruit juice

Carbohydrates 9%

Fiber	
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	23%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	6%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	4%
Iron	3%
Magnesium	6%
Manganese	2%
Phosphorus	2%
Potassium	10%
Selenium	
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	258
Mineral Score	73
Protein Score	6
Fiber Score	

Total Nutrients Score	161
Net Food Score	160

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	4%
Fats	2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.56**
Net nutrition per dollar is **287**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09404 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **5.1 ounces or 145 grams**

Grapes

Carbohydrates 10%

Fiber	4%
Sugars, total	41%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	2%
Vitamin K	7%

Minerals

Calcium	1%
Copper	9%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	78
Mineral Score	70
Protein Score	30
Fiber Score	56

Total Nutrients Score	76
Net Food Score	39

Unhealthy Score **37**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	95%
Proteins	4%
Fats	2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.33**
 Net nutrition per dollar is **118**
96% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09132

Food Group Code 0900

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams

Gravy, au jus, dry

Carbohydrates 6%

Fiber	
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	6%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	2%
Iron	17%
Magnesium	4%
Manganese	4%
Phosphorus	2%
Potassium	2%
Selenium	3%
Sodium	161%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	50
Mineral Score	92
Protein Score	13
Fiber Score	

Total Nutrients Score	68
Net Food Score	-25

Unhealthy Score 93

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	61%
Proteins	12%
Fats	28%

Health Costs

At **\$18.72** per pound, the cost of all displayed nutrients is **\$1.32**
 Net nutrition per dollar is **-19**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

Great northern beans

Carbohydrates 7%

Fiber	20%
Sugars, total	1%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	36%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	4%
Copper	12%
Iron	9%
Magnesium	11%
Manganese	18%
Phosphorus	7%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	108
Mineral Score	197
Protein Score	251
Fiber Score	254

Total Nutrients Score	197
Net Food Score	196

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	22%
Fats	3%

Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.06
 Net nutrition per dollar is 3037
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16024

Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.4 ounces or 323 grams**

Green beans

Carbohydrates 8%

Fiber	37%
Sugars, total	8%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	5%
Valine*	5%

Vitamins

Vitamin A	45%
Thiamin (B-1)	14%
Riboflavin (B-2)	12%
Niacin (B-3)	11%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	30%
Vitamin B-12	0%
Vitamin C	58%
Vitamin D	
Vitamin E	9%
Vitamin K	15%

Minerals

Calcium	9%
Copper	11%
Iron	19%
Magnesium	16%
Manganese	30%
Phosphorus	6%
Potassium	17%
Selenium	3%
Sodium	1%
Zinc	5%

Other Nutrients

Beta-carotene	24%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	361
Mineral Score	280
Protein Score	193
Fiber Score	467

Total Nutrients Score	361
Net Food Score	352

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	14%
Fats	3%

Health Costs

At **\$1.39** per pound, the cost of all displayed nutrients is **\$1.12**
Net nutrition per dollar is **313**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11052 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 17.6 ounces or 500 grams**

Green bell peppers

Carbohydrates 8%

Fiber	28%
Sugars, total	22%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	6%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	37%
Thiamin (B-1)	14%
Riboflavin (B-2)	5%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	47%
Folate	13%
Vitamin B-12	0%
Vitamin C	447%
Vitamin D	
Vitamin E	12%
Vitamin K	12%

Minerals

Calcium	4%
Copper	17%
Iron	9%
Magnesium	10%
Manganese	27%
Phosphorus	5%
Potassium	22%
Selenium	0%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	21%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	446
Mineral Score	236
Protein Score	145
Fiber Score	362

Total Nutrients Score	371
Net Food Score	350

Unhealthy Score 22

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	10%
Fats	7%

Health Costs

At **\$2.29** per pound, the cost of all displayed nutrients is **\$3.08**
Net nutrition per dollar is **114**
82% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11333 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 23.5 ounces or 667 grams**

Green leaf lettuce

Carbohydrates 7%

Fiber	29%
Sugars, total	9%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	5%
Isoleucine*	13%
Leucine*	5%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	8%
Tryptophan*	5%
Valine*	8%

Vitamins

Vitamin A	987%
Thiamin (B-1)	23%
Riboflavin (B-2)	19%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	25%
Folate	63%
Vitamin B-12	0%
Vitamin C	133%
Vitamin D	
Vitamin E	13%
Vitamin K	386%

Minerals

Calcium	17%
Copper	10%
Iron	32%
Magnesium	17%
Manganese	72%
Phosphorus	10%
Potassium	32%
Selenium	6%
Sodium	8%
Zinc	8%

Other Nutrients

Beta-carotene	592%
Lycopene	0%
Phytosterols	56%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	809
Mineral Score	495
Protein Score	315
Fiber Score	369

Total Nutrients Score	689
Net Food Score	672

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	69%
Proteins	23%
Fats	9%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$2.27**
Net nutrition per dollar is **296**
64% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11253 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Ground ginger

Carbohydrates 7%

Fiber	12%
Sugars, total	2%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	10%
Folate	3%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	35%
Vitamin K	0%

Minerals

Calcium	2%
Copper	7%
Iron	18%
Magnesium	11%
Manganese	332%
Phosphorus	2%
Potassium	10%
Selenium	16%
Sodium	0%
Zinc	9%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	105
Mineral Score	425
Protein Score	63
Fiber Score	153

Total Nutrients Score	235
Net Food Score	231

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	7%
Fats	14%

Health Costs

At \$49.28 per pound, the cost of all displayed nutrients is \$3.13
Net nutrition per dollar is 74
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02021

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 19 grams**

Ground nutmeg

Carbohydrates 3%

Fiber	13%
Sugars, total	10%

Fats Name

Saturated	27%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	1%
Folate	4%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	10%
Iron	3%
Magnesium	7%
Manganese	24%
Phosphorus	2%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	19
Mineral Score	129
Protein Score	5
Fiber Score	169

Total Nutrients Score	73
Net Food Score	40

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	38%
Proteins	4%
Fats	58%

Health Costs

At **\$52.95** per pound, the cost of all displayed nutrients is **\$2.22**
Net nutrition per dollar is **18**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Ground tumeric

Carbohydrates 7%

Fiber	20%
Sugars, total	2%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	21%
Folate	3%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	6%
Vitamin K	1%

Minerals

Calcium	4%
Copper	9%
Iron	65%
Magnesium	11%
Manganese	96%
Phosphorus	4%
Potassium	18%
Selenium	2%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	88
Mineral Score	524
Protein Score	10
Fiber Score	254

Total Nutrients Score	260
Net Food Score	254

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	6%
Fats	23%

Health Costs

At **\$63.83** per pound, the cost of all displayed nutrients is **\$3.98**
Net nutrition per dollar is **64**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02043 Food Group Code 0200

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.8 ounces or 109 grams

Grouper

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	13%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	17%
Omega-6 fats	0%

Proteins 21%

Histidine*	20%
Isoleucine*	22%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	19%
Valine*	19%

Vitamins

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	0%
Niacin (B-3)	2%
Pantothenic acid	8%
Vitamin B-6	14%
Folate	2%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	1%
Iron	5%
Magnesium	7%
Manganese	1%
Phosphorus	9%
Potassium	13%
Selenium	57%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 76
 Mineral Score 238
 Protein Score 871
 Fiber Score 0

Total Nutrients Score 338
Net Food Score 322

Unhealthy Score 15

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 0%
 Proteins 90%
 Fats 10%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.44
 Net nutrition per dollar is 224
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15031 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.2 ounces or 147 grams**

Guavas

Carbohydrates 8%

Fiber	26%
Sugars, total	24%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	1%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	
Phenylalanine*	0%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	18%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	7%
Vitamin B-6	7%
Folate	18%
Vitamin B-12	0%
Vitamin C	373%
Vitamin D	
Vitamin E	7%
Vitamin K	1%

Minerals

Calcium	2%
Copper	17%
Iron	2%
Magnesium	6%
Manganese	10%
Phosphorus	3%
Potassium	15%
Selenium	1%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	11%
Lycopene	38%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score 301
Mineral Score 143
Protein Score 91
Fiber Score 338

Total Nutrients Score	250
Net Food Score	227

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 76%
Proteins 13%
Fats 12%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$1.24
Net nutrition per dollar is 182
78% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09139 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.1 ounces or 89 grams**

Haddock

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	22%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

Proteins 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	19%
Pantothenic acid	1%
Vitamin B-6	13%
Folate	3%
Vitamin B-12	21%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	1%
Iron	7%
Magnesium	9%
Manganese	1%
Phosphorus	11%
Potassium	9%
Selenium	52%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score 106
Mineral Score 231
Protein Score 896
Fiber Score 0

Total Nutrients Score 350
Net Food Score 326

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 93%
Fats 7%

Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.38
Net nutrition per dollar is 237
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15034 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 77 grams**

Half and half

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	30%
Trans fats	
Cholesterol	9%
Monounsaturated	12%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	5%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	4%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	6%
Copper	0%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	2%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	39
Mineral Score	46
Protein Score	104
Fiber Score	0

Total Nutrients Score	68
Net Food Score	32

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	13%
Proteins	10%
Fats	78%

Health Costs

At **\$1.25** per pound, the cost of all displayed nutrients is **\$0.21**
Net nutrition per dollar is **150**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01049 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.2 ounces or 91 grams**

Halibut

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	10%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	26%
Omega-6 fats	0%

Proteins 19%

Histidine*	18%
Isoleucine*	20%
Leucine*	16%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	18%
Tryptophan*	17%
Valine*	17%

Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	24%
Pantothenic acid	3%
Vitamin B-6	13%
Folate	3%
Vitamin B-12	18%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	3%
Copper	1%
Iron	4%
Magnesium	15%
Manganese	1%
Phosphorus	10%
Potassium	10%
Selenium	47%
Sodium	2%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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Food Evaluation

Vitamin Score	129
Mineral Score	229
Protein Score	783
Fiber Score	0

Total Nutrients Score	360
Net Food Score	348

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	81%
Fats	19%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.20**
Net nutrition per dollar is **290**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15036 Food Group Code 1500

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.6 ounces or 74 grams

Ham

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	17%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 15%

Histidine*	19%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	32%
Riboflavin (B-2)	6%
Niacin (B-3)	18%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	9%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	4%
Magnesium	4%
Manganese	1%
Phosphorus	8%
Potassium	7%
Selenium	37%
Sodium	2%
Zinc	11%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	156
Mineral Score	183
Protein Score	658
Fiber Score	0

Total Nutrients Score	289
Net Food Score	266

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	64%
Fats	36%

Health Costs

At \$3.29 per pound, the cost of all displayed nutrients is \$0.82
Net nutrition per dollar is 325
65% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10010

Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Hard pretzels

Carbohydrates 8%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	19%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	8%
Magnesium	2%
Manganese	11%
Phosphorus	1%
Potassium	1%
Selenium	2%
Sodium	16%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	64
Mineral Score	72
Protein Score	89
Fiber Score	34

Total Nutrients Score	83
Net Food Score	67

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	10%
Fats	6%

Health Costs

At **\$2.85** per pound, the cost of all displayed nutrients is **\$0.17**
Net nutrition per dollar is **408**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19047 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.3 ounces or 65 grams**

Hard-boiled egg

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	11%
Trans fats	
Cholesterol	91%
Monounsaturated	12%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 8%

Histidine*	6%
Isoleucine*	10%
Leucine*	7%
Lysine*	7%
Methionine*	6%
Cystine	4%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	8%
Thiamin (B-1)	2%
Riboflavin (B-2)	12%
Niacin (B-3)	0%
Pantothenic acid	9%
Vitamin B-6	3%
Folate	7%
Vitamin B-12	12%
Vitamin C	0%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	2%
Copper	0%
Iron	4%
Magnesium	1%
Manganese	1%
Phosphorus	6%
Potassium	2%
Selenium	28%
Sodium	3%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score	100
Mineral Score	120
Protein Score	362
Fiber Score	0

Total Nutrients Score	184
Net Food Score	88

Unhealthy Score 96

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	35%
Fats	62%

Health Costs

At **\$0.67** per pound, the cost of all displayed nutrients is **\$0.11**
Net nutrition per dollar is **810**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01129 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 16 grams**

Hazelnuts or filberts

Carbohydrates 1%

Fiber	5%
Sugars, total	1%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	33%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	16%
Vitamin K	1%

Minerals

Calcium	1%
Copper	14%
Iron	4%
Magnesium	5%
Manganese	43%
Phosphorus	2%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	60
Mineral Score	183
Protein Score	83
Fiber Score	66

Total Nutrients Score	150
Net Food Score	145

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	11%
Proteins	8%
Fats	81%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.46**
Net nutrition per dollar is **318**
46% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12120 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.4 ounces or 69 grams**

Hersheys Chocolate Syrup

Carbohydrates 9%

Fiber	0%
Sugars, total	36%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	5%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	2%
Selenium	1%
Sodium	3%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	64%
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Food Evaluation

Vitamin Score	3	Total Nutrients Score 19	Caloric Content
Mineral Score	48		
Protein Score	2		
Fiber Score	0		
		Net Food Score -16	Carbohydrates 95%
		Unhealthy Score 36	Proteins 2%
			Fats 3%

SCORES are based on 1000 as the maximum

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.15**

Net nutrition per dollar is **-107**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.8 ounces or 278 grams**

Honeydew melons

Carbohydrates 9%

Fiber	7%
Sugars, total	41%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	10%
Folate	13%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

Minerals

Calcium	1%
Copper	3%
Iron	3%
Magnesium	6%
Manganese	3%
Phosphorus	2%
Potassium	16%
Selenium	3%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	176
Mineral Score	92
Protein Score	35
Fiber Score	95

Total Nutrients Score	138
Net Food Score	99

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	5%
Fats	3%

Health Costs

At **\$1.33** per pound, the cost of all displayed nutrients is **\$1.77**
Net nutrition per dollar is **56**
46% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09184 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.3 ounces or 208 grams**

Horseradish

Carbohydrates 9%

Fiber	23%
Sugars, total	30%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	30%
Vitamin B-12	0%
Vitamin C	58%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	8%
Copper	6%
Iron	5%
Magnesium	11%
Manganese	11%
Phosphorus	3%
Potassium	13%
Selenium	8%
Sodium	28%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	180
Mineral Score	189
Protein Score	11
Fiber Score	293

Total Nutrients Score	186
Net Food Score	132

Unhealthy Score 53

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	7%
Fats	12%

Health Costs

At **\$5.93** per pound, the cost of all displayed nutrients is **\$2.72**
Net nutrition per dollar is **49**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02055 Food Group Code 0200

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.6 ounces or 130 grams

Hot cocoa, homemade

Carbohydrates 5%

Fiber	4%
Sugars, total	23%

Fats Name

Saturated	10%
Trans fats	2%
Cholesterol	3%
Monounsaturated	4%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

Proteins 5%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	3%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	5%

Vitamins

Vitamin A	5%
Thiamin (B-1)	3%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	9%
Vitamin C	0%
Vitamin D	13%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	10%
Copper	7%
Iron	3%
Magnesium	6%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	5%
Sodium	2%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	82
Mineral Score	122
Protein Score	178
Fiber Score	55

Total Nutrients Score	132
Net Food Score	95

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	55%
Proteins	18%
Fats	27%

Health Costs

At **\$2.15** per pound, the cost of all displayed nutrients is **\$0.62**
 Net nutrition per dollar is **154**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01105 Food Group Code 0100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.8 ounces or 137 grams

Hot dogs, fat free

Carbohydrates 2%

Fiber	0%
Sugars, total	5%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	13%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 17%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	15%
Iron	7%
Magnesium	6%
Manganese	
Phosphorus	11%
Potassium	16%
Selenium	
Sodium	58%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 0
 Mineral Score 164
 Protein Score 75
 Fiber Score 0

Total Nutrients Score	77
Net Food Score	7

Unhealthy Score 70

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 24%
 Proteins 69%
 Fats 7%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.90
 Net nutrition per dollar is 8
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07246 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.0 ounces or 143 grams**

Human milk

Carbohydrates 4%

Fiber	0%
Sugars, total	18%

Fats Name

Saturated	16%
Trans fats	
Cholesterol	7%
Monounsaturated	11%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	1%
Vitamin C	8%
Vitamin D	1%
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	4%
Iron	0%
Magnesium	1%
Manganese	2%
Phosphorus	1%
Potassium	2%
Selenium	4%
Sodium	1%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	47
Mineral Score	43
Protein Score	65
Fiber Score	0

Total Nutrients Score	63
Net Food Score	26

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	38%
Proteins	6%
Fats	55%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.89**
Net nutrition per dollar is **14**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01107 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.1 ounces or 60 grams**

Hummus

Carbohydrates 3%

Fiber	12%
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	16%
Iron	8%
Magnesium	9%
Manganese	20%
Phosphorus	5%
Potassium	3%
Selenium	2%
Sodium	10%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	67%
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Food Evaluation

Vitamin Score	47
Mineral Score	177
Protein Score	21
Fiber Score	154

Total Nutrients Score	114
Net Food Score	101

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	35%
Proteins	17%
Fats	48%

Health Costs

At **\$6.58** per pound, the cost of all displayed nutrients is **\$0.87**
Net nutrition per dollar is **116**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16158 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 25.2 ounces or 714 grams**

Iceberg lettuce

Carbohydrates 8%

Fiber	29%
Sugars, total	26%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	72%
Thiamin (B-1)	15%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	7%
Vitamin B-6	13%
Folate	52%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	9%
Vitamin K	57%

Minerals

Calcium	9%
Copper	9%
Iron	16%
Magnesium	10%
Manganese	39%
Phosphorus	7%
Potassium	25%
Selenium	1%
Sodium	3%
Zinc	7%

Other Nutrients

Beta-carotene	43%
Lycopene	0%
Phytosterols	16%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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Food Evaluation

Vitamin Score	446
Mineral Score	300
Protein Score	138
Fiber Score	365

Total Nutrients Score	394
Net Food Score	367

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	16%
Fats	8%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.64**
Net nutrition per dollar is **224**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11252

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.5 ounces or 42 grams**

Imitation vanilla extract

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	9%
Phosphorus	0%
Potassium	1%
Selenium	
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	46%
Caffeine	

Percent(%) of food item's weight that is water:

Water	64%
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Food Evaluation

Vitamin Score	4
Mineral Score	28
Protein Score	0
Fiber Score	0

Total Nutrients Score	13
Net Food Score	-29

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	99%
Proteins	1%
Fats	0%

Health Costs

At \$2.18 per pound, the cost of all displayed nutrients is \$0.20
Net nutrition per dollar is -143
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02051

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.3 ounces or 152 grams**

Infant formula, SIMILAC

Carbohydrates 4%

Fiber	0%
Sugars, total	12%

Fats Name

Saturated	15%
Trans fats	
Cholesterol	1%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	6%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	7%
Vitamin B-6	2%
Folate	6%
Vitamin B-12	8%
Vitamin C	10%
Vitamin D	11%
Vitamin E	13%
Vitamin K	5%

Minerals

Calcium	7%
Copper	4%
Iron	10%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	3%
Sodium	2%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	142
Mineral Score	90
Protein Score	12
Fiber Score	0

Total Nutrients Score	112
Net Food Score	86

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	40%
Proteins	11%
Fats	49%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.33**
Net nutrition per dollar is **64**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 03935 Food Group Code 0300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams**

Italian bread

Carbohydrates 7%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	4%
Iron	6%
Magnesium	2%
Manganese	7%
Phosphorus	2%
Potassium	1%
Selenium	14%
Sodium	9%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
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Food Evaluation

Vitamin Score	89
Mineral Score	98
Protein Score	109
Fiber Score	42

Total Nutrients Score	108
Net Food Score	98

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	13%
Fats	11%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.16**
Net nutrition per dollar is **605**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18033 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Italian pork sausage

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	15%
Trans fats	
Cholesterol	6%
Monounsaturated	16%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	5%
Leucine*	4%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	5%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	
Vitamin B-6	4%
Folate	0%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	1%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	2%
Potassium	2%
Selenium	9%
Sodium	15%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	47%
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Food Evaluation

Vitamin Score	50
Mineral Score	57
Protein Score	204
Fiber Score	1

Total Nutrients Score	103
Net Food Score	70

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	5%
Proteins	24%
Fats	72%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$0.32**
Net nutrition per dollar is **220**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07089 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.3 ounces or 65 grams**

Japanese chestnuts

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	4%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	18%
Iron	5%
Magnesium	6%
Manganese	45%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	61%
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Food Evaluation

Vitamin Score	97
Mineral Score	215
Protein Score	60
Fiber Score	

Total Nutrients Score	142
Net Food Score	141

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	5%
Fats	3%

Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$1.08
Net nutrition per dollar is 131
66% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12202 Food Group Code 1200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.1 ounces or 200 grams

Kale

Carbohydrates 7%

Fiber	13%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	9%
Leucine*	5%
Lysine*	4%
Methionine*	1%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	615%
Thiamin (B-1)	11%
Riboflavin (B-2)	9%
Niacin (B-3)	9%
Pantothenic acid	2%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	267%
Vitamin D	
Vitamin E	
Vitamin K	545%

Minerals

Calcium	19%
Copper	29%
Iron	19%
Magnesium	14%
Manganese	67%
Phosphorus	6%
Potassium	22%
Selenium	3%
Sodium	4%
Zinc	6%

Other Nutrients

Beta-carotene	369%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	642
Mineral Score	448
Protein Score	258
Fiber Score	170

Total Nutrients Score	560
Net Food Score	556

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	16%
Fats	12%

Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.72
 Net nutrition per dollar is 777
 61% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11233

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Kelloggs Nutri-Grain

Carbohydrates 7%

Fiber	2%
Sugars, total	17%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	11%
Thiamin (B-1)	14%
Riboflavin (B-2)	11%
Niacin (B-3)	17%
Pantothenic acid	0%
Vitamin B-6	16%
Folate	
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	1%
Iron	7%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	3%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	15%
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Food Evaluation

Vitamin Score	118
Mineral Score	51
Protein Score	5
Fiber Score	22

Total Nutrients Score	87
Net Food Score	67

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	5%
Fats	18%

Health Costs

At **\$3.98** per pound, the cost of all displayed nutrients is **\$0.24**
Net nutrition per dollar is **284**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18501

Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Kidney beans

Carbohydrates 7%

Fiber	25%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	7%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	30%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	2%

Minerals

Calcium	3%
Copper	14%
Iron	14%
Magnesium	8%
Manganese	13%
Phosphorus	6%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	94
Mineral Score	186
Protein Score	276
Fiber Score	318

Total Nutrients Score	196
Net Food Score	194

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	25%
Fats	2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.07**
Net nutrition per dollar is **2960**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16027 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.8 ounces or 164 grams**

Kiwi

Carbohydrates 9%

Fiber	16%
Sugars, total	27%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	0%
Vitamin C	169%
Vitamin D	
Vitamin E	16%
Vitamin K	22%

Minerals

Calcium	4%
Copper	11%
Iron	3%
Magnesium	6%
Manganese	7%
Phosphorus	3%
Potassium	13%
Selenium	0%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	287
Mineral Score	115
Protein Score	72
Fiber Score	209

Total Nutrients Score	220
Net Food Score	195

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	6%
Fats	7%

Health Costs

At \$4.00 per pound, the cost of all displayed nutrients is \$1.68
Net nutrition per dollar is 116
86% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09148 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.1 ounces or 370 grams**

Kohlrabi

Carbohydrates 8%

Fiber	44%
Sugars, total	18%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	2%
Isoleucine*	7%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	
Threonine*	4%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	3%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	255%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

Minerals

Calcium	6%
Copper	24%
Iron	8%
Magnesium	14%
Manganese	22%
Phosphorus	9%
Potassium	32%
Selenium	4%
Sodium	3%
Zinc	1%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	309
Mineral Score	292
Protein Score	148
Fiber Score	567

Total Nutrients Score	337
Net Food Score	318

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	15%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.76**
Net nutrition per dollar is **181**
46% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11241

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.2 ounces or 233 grams**

Lambquarters, raw

Carbohydrates 6%

Fiber	31%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	9%
Isoleucine*	14%
Leucine*	8%
Lysine*	9%
Methionine*	3%
Cystine	5%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	8%
Tryptophan*	7%
Valine*	9%

Vitamins

Vitamin A	540%
Thiamin (B-1)	19%
Riboflavin (B-2)	37%
Niacin (B-3)	13%
Pantothenic acid	2%
Vitamin B-6	27%
Folate	17%
Vitamin B-12	0%
Vitamin C	207%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	51%
Copper	34%
Iron	16%
Magnesium	16%
Manganese	79%
Phosphorus	8%
Potassium	26%
Selenium	3%
Sodium	4%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	548
Mineral Score	583
Protein Score	399
Fiber Score	396

Total Nutrients Score	607
Net Food Score	603

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	61%
Proteins	24%
Fats	16%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients i
Net nutrition per dollar is
of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11244 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 72 grams**

Lean beef, chuck

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	13%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 16%

Histidine*	16%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	6%
Threonine*	13%
Tryptophan*	8%
Valine*	14%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	17%
Pantothenic acid	5%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	25%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	3%
Iron	8%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	6%
Selenium	25%
Sodium	2%
Zinc	26%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	127
Mineral Score	195
Protein Score	613
Fiber Score	0

Total Nutrients Score	269
Net Food Score	249

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	67%
Fats	33%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$1.26**
Net nutrition per dollar is **198**
63% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 23612 Food Group Code 1300

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 70 grams**

Lean pork

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	14%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 15%

Histidine*	19%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	35%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	5%
Vitamin B-6	15%
Folate	1%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	7%
Selenium	36%
Sodium	2%
Zinc	9%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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Food Evaluation

Vitamin Score	152
Mineral Score	167
Protein Score	654
Fiber Score	0

Total Nutrients Score	281
Net Food Score	261

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	64%
Fats	36%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.32**
Net nutrition per dollar is **198**
70% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10024 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.8 ounces or 164 grams**

Leeks

Carbohydrates 8%

Fiber	10%
Sugars, total	12%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	55%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	16%
Folate	26%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	10%
Vitamin K	26%

Minerals

Calcium	7%
Copper	10%
Iron	19%
Magnesium	9%
Manganese	34%
Phosphorus	3%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	33%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	290
Mineral Score	226
Protein Score	78
Fiber Score	126

Total Nutrients Score	257
Net Food Score	245

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	7%
Fats	4%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$1.63**
Net nutrition per dollar is **150**
44% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11246 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 12.2 ounces or 345 grams**

Lemons

Carbohydrates 12%

Fiber	32%
Sugars, total	16%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	2%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	7%
Vitamin B-6	11%
Folate	9%
Vitamin B-12	0%
Vitamin C	203%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	6%
Copper	6%
Iron	11%
Magnesium	6%
Manganese	4%
Phosphorus	3%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	250
Mineral Score	127
Protein Score	17
Fiber Score	411

Total Nutrients Score	208
Net Food Score	193

Unhealthy Score 15

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	13%
Fats	9%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.42**
Net nutrition per dollar is **136**
53% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09150 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.0 ounces or 28 grams**

Lentils

Carbohydrates 6%

Fiber	29%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	7%
Isoleucine*	8%
Leucine*	6%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	6%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	6%
Folate	34%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	7%
Iron	12%
Magnesium	7%
Manganese	16%
Phosphorus	6%
Potassium	7%
Selenium	3%
Sodium	0%
Zinc	9%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	117
Mineral Score	168
Protein Score	283
Fiber Score	368

Total Nutrients Score	206
Net Food Score	205

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	29%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **3315**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16069

Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.5 ounces or 43 grams**

Light Dressing, Miracle Whip

Carbohydrates 2%

Fiber	0%
Sugars, total	8%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	4%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	12%

Minerals

Calcium	0%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	
Sodium	15%
Zinc	

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	63%
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Food Evaluation

Vitamin Score	22	<table border="1"> <tr><td>Total Nutrients Score</td><td>12</td></tr> <tr><td>Net Food Score</td><td>-18</td></tr> </table> <p>Unhealthy Score 30</p>	Total Nutrients Score	12	Net Food Score	-18	<p>Caloric Content</p> <p>Carbohydrates 25%</p> <p>Proteins 1%</p> <p>Fats 74%</p>
Total Nutrients Score	12						
Net Food Score	-18						
Mineral Score	3						
Protein Score	1						
Fiber Score	2						
SCORES are based on 1000 as the maximum							

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.38**

Net nutrition per dollar is **-47**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04012 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.1 ounces or 88 grams**

Lima beans

Carbohydrates 6%

Fiber	14%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	5%
Lysine*	5%
Methionine*	1%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	7%

Vitamins

Vitamin A	5%
Thiamin (B-1)	10%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	4%
Vitamin K	2%

Minerals

Calcium	2%
Copper	14%
Iron	15%
Magnesium	10%
Manganese	47%
Phosphorus	6%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	123
Mineral Score	272
Protein Score	257
Fiber Score	185

Total Nutrients Score	229
Net Food Score	226

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	21%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.44**
Net nutrition per dollar is **514**
44% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11031

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **11.8 ounces or 333 grams**

Limes

Carbohydrates 13%

Fiber	31%
Sugars, total	10%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	1%
Methionine*	0%
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	1%
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	7%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	5%
Vitamin K	1%

Minerals

Calcium	8%
Copper	11%
Iron	11%
Magnesium	4%
Manganese	1%
Phosphorus	3%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	243
Mineral Score	123
Protein Score	17
Fiber Score	397

Total Nutrients Score	202
Net Food Score	192

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	8%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.87**
 Net nutrition per dollar is **222**
84% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09159

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 115 grams**

Ling

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	8%
Niacin (B-3)	12%
Pantothenic acid	4%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	6%
Iron	4%
Magnesium	14%
Manganese	1%
Phosphorus	11%
Potassium	11%
Selenium	60%
Sodium	7%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	80%
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Food Evaluation

Vitamin Score	104
Mineral Score	285
Protein Score	903
Fiber Score	0

Total Nutrients Score	344
Net Food Score	323

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	93%
Fats	7%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.52**
Net nutrition per dollar is **213**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15044 Food Group Code 1500

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams

Link sausage, smoked

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	16%
Trans fats	
Cholesterol	6%
Monounsaturated	17%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	4%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	5%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	0%
Vitamin B-12	7%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	1%
Iron	2%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	8%
Sodium	17%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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Food Evaluation

Vitamin Score	54
Mineral Score	52
Protein Score	223
Fiber Score	0

Total Nutrients Score	108
Net Food Score	74

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	24%
Fats	74%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$0.28**
 Net nutrition per dollar is **260**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07074 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 38 grams**

Lipton onion soup mix

Carbohydrates 9%

Fiber	7%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	
Folate	0%
Vitamin B-12	
Vitamin C	5%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	6%
Copper	
Iron	4%
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	144%
Zinc	

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	24
Mineral Score	23
Protein Score	11
Fiber Score	95

Total Nutrients Score	30
Net Food Score	-63

Unhealthy Score 93

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	9%
Fats	6%

Health Costs

At **\$10.80** per pound, the cost of all displayed nutrients is **\$0.91**
Net nutrition per dollar is **-70**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06033 Food Group Code 0600

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **3.9 ounces or 111 grams**

Lobster

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	35%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 21%

Histidine*	14%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	18%

Vitamins

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	18%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

Minerals

Calcium	4%
Copper	92%
Iron	2%
Magnesium	6%
Manganese	3%
Phosphorus	8%
Potassium	8%
Selenium	66%
Sodium	14%
Zinc	22%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	77%
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Food Evaluation

Vitamin Score	110
Mineral Score	511
Protein Score	843
Fiber Score	0

Total Nutrients Score	419
Net Food Score	373

Unhealthy Score 45

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	89%
Fats	9%

Health Costs

At **\$19.99** per pound, the cost of all displayed nutrients is **\$4.90**
 Net nutrition per dollar is **76**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15147

Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 14 grams**

Macadamia nuts

Carbohydrates 1%

Fiber	4%
Sugars, total	1%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	37%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	

Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	4%
Manganese	25%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	1%
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Food Evaluation

Vitamin Score	25
Mineral Score	102
Protein Score	38
Fiber Score	51

Total Nutrients Score	95
Net Food Score	86

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	4%
Fats	88%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.99**
Net nutrition per dollar is **87**
31% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12131

Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.3 ounces or 64 grams**

Mackerel, canned

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	17%
Monounsaturated	6%
Polyunsaturated	5%
Omega-3 fats	53%
Omega-6 fats	0%

Proteins 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	18%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	1%
Vitamin B-12	74%
Vitamin C	1%
Vitamin D	40%
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	11%
Copper	5%
Iron	7%
Magnesium	5%
Manganese	1%
Phosphorus	10%
Potassium	3%
Selenium	35%
Sodium	11%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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Food Evaluation

Vitamin Score 275
Mineral Score 195
Protein Score 615
Fiber Score 0

Total Nutrients Score 441
Net Food Score 410

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 64%
Fats 36%

Health Costs

At \$2.49 per pound, the cost of all displayed nutrients is \$0.35
Net nutrition per dollar is 1166
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15048 Food Group Code 1500

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 118 grams

Malted milk, chocolate

Carbohydrates 5%

Fiber	2%
Sugars, total	14%

Fats Name

Saturated	12%
Trans fats	
Cholesterol	4%
Monounsaturated	4%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	7%
Valine*	4%

Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	8%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	4%
Phosphorus	5%
Potassium	5%
Selenium	9%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	57
Mineral Score	102
Protein Score	167
Fiber Score	25

Total Nutrients Score	107
Net Food Score	76

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	51%
Proteins	15%
Fats	34%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.26**
 Net nutrition per dollar is **296**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14318 Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.8 ounces or 164 grams**

Mandarin oranges, canned

Carbohydrates 10%

Fiber	4%
Sugars, total	46%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	28%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	36%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	3%
Magnesium	3%
Manganese	2%
Phosphorus	1%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	143
Mineral Score	49
Protein Score	20
Fiber Score	49

Total Nutrients Score	99
Net Food Score	57

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	1%

Health Costs

At **\$1.29** per pound, the cost of all displayed nutrients is **\$0.47**
Net nutrition per dollar is **123**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09220 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.4 ounces or 154 grams**

Mangos

Carbohydrates 10%

Fiber	9%
Sugars, total	41%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	24%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	9%
Folate	5%
Vitamin B-12	0%
Vitamin C	47%
Vitamin D	
Vitamin E	11%
Vitamin K	2%

Minerals

Calcium	1%
Copper	8%
Iron	1%
Magnesium	3%
Manganese	2%
Phosphorus	1%
Potassium	6%
Selenium	1%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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Food Evaluation

Vitamin Score	196
Mineral Score	58
Protein Score	27
Fiber Score	118

Total Nutrients Score	137
Net Food Score	99

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	3%
Fats	3%

Health Costs

At **\$1.24** per pound, the cost of all displayed nutrients is **\$0.61**
Net nutrition per dollar is **162**
69% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09176 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.8 ounces or 164 grams**

Manhattan clam chowder

Carbohydrates 6%

Fiber	7%
Sugars, total	8%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	1%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	25%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	88%
Vitamin C	6%
Vitamin D	
Vitamin E	11%
Vitamin K	3%

Minerals

Calcium	2%
Copper	8%
Iron	12%
Magnesium	3%
Manganese	21%
Phosphorus	3%
Potassium	6%
Selenium	18%
Sodium	33%
Zinc	8%

Other Nutrients

Beta-carotene	13%
Lycopene	53%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	267
Mineral Score	196
Protein Score	12
Fiber Score	84

Total Nutrients Score	220
Net Food Score	180

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	63%
Proteins	11%
Fats	26%

Health Costs

At **\$1.62** per pound, the cost of all displayed nutrients is **\$0.59**
Net nutrition per dollar is **308**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06028 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.1 ounces or 61 grams**

Maraschino cherries

Carbohydrates 9%

Fiber	6%
Sugars, total	43%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	4%
Iron	1%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	57%
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Food Evaluation

Vitamin Score	3
Mineral Score	26
Protein Score	1
Fiber Score	83

Total Nutrients Score	17
Net Food Score	-22

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	98%
Proteins	0%
Fats	1%

Health Costs

At **\$2.79** per pound, the cost of all displayed nutrients is
Net nutrition per dollar is
of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09328 Food Group Code 0900

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 14 grams

Margarine, hydrogenated

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	10%
Trans fats	
Cholesterol	0%
Monounsaturated	29%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	10%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	

Minerals

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	6%
Zinc	

Other Nutrients

Beta-carotene	2%
Lycopene	0%
Phytosterols	18%
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	16%
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Food Evaluation

Vitamin Score 37
 Mineral Score 2
 Protein Score 5
 Fiber Score 0

Total Nutrients Score 47
Net Food Score 33

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 0%
 Proteins 1%
 Fats 99%

Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.03
 Net nutrition per dollar is 1083
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04071 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams**

Marjoram, dried

Carbohydrates 8%

Fiber	50%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	60%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	18%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	4%
Vitamin K	76%

Minerals

Calcium	52%
Copper	21%
Iron	170%
Magnesium	26%
Manganese	87%
Phosphorus	6%
Potassium	14%
Selenium	2%
Sodium	1%
Zinc	9%

Other Nutrients

Beta-carotene	35%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	386
Mineral Score	769
Protein Score	20
Fiber Score	633

Total Nutrients Score	532
Net Food Score	527

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	67%
Proteins	11%
Fats	22%

Health Costs

At **\$236.16** per pound, the cost of all displayed nutrients is **\$19.21**
Net nutrition per dollar is **27**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 41 grams**

Marmalade, orange

Carbohydrates 10%

Fiber	1%
Sugars, total	44%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	1%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	33%
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Food Evaluation

Vitamin Score	8
Mineral Score	11
Protein Score	3
Fiber Score	12

Total Nutrients Score	10
Net Food Score	-31

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$3.79** per pound, the cost of all displayed nutrients is **\$0.34**
Net nutrition per dollar is **-90**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19303 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.4 ounces or 238 grams**

Milk 1% with vitamin A

Carbohydrates 4%

Fiber	0%
Sugars, total	23%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	4%
Monounsaturated	3%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

Proteins 8%

Histidine*	6%
Isoleucine*	10%
Leucine*	9%
Lysine*	8%
Methionine*	5%
Cystine	6%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	5%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	9%
Thiamin (B-1)	2%
Riboflavin (B-2)	16%
Niacin (B-3)	1%
Pantothenic acid	9%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	31%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	20%
Copper	1%
Iron	0%
Magnesium	5%
Manganese	0%
Phosphorus	11%
Potassium	9%
Selenium	11%
Sodium	5%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	9%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	161
Mineral Score	159
Protein Score	363
Fiber Score	0

Total Nutrients Score	219
Net Food Score	184

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	46%
Proteins	34%
Fats	20%

Health Costs

At **\$0.36** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **976**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01082 Food Group Code 0100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.1 ounces or 200 grams

Milk 2% with vitamin A

Carbohydrates 3%

Fiber	0%
Sugars, total	18%

Fats Name

Saturated	14%
Trans fats	
Cholesterol	5%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	1%

Proteins 7%

Histidine*	5%
Isoleucine*	8%
Leucine*	7%
Lysine*	5%
Methionine*	4%
Cystine	5%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	4%
Tryptophan*	7%
Valine*	8%

Vitamins

Vitamin A	8%
Thiamin (B-1)	4%
Riboflavin (B-2)	13%
Niacin (B-3)	1%
Pantothenic acid	7%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	22%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	17%
Copper	1%
Iron	0%
Magnesium	4%
Manganese	0%
Phosphorus	9%
Potassium	8%
Selenium	7%
Sodium	4%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	133
Mineral Score	128
Protein Score	293
Fiber Score	0

Total Nutrients Score	182
Net Food Score	145

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	38%
Proteins	27%
Fats	36%

Health Costs

At **\$0.36** per pound, the cost of all displayed nutrients is **\$0.16**
 Net nutrition per dollar is **914**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Millet

Carbohydrates 7%

Fiber	7%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	4%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	6%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	10%
Iron	4%
Magnesium	6%
Manganese	19%
Phosphorus	4%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	46
Mineral Score	117
Protein Score	110
Fiber Score	96

Total Nutrients Score	97
Net Food Score	96

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	11%
Fats	9%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **826**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20031

Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 34 grams**

Molasses

Carbohydrates 9%

Fiber	0%
Sugars, total	35%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	5%
Copper	8%
Iron	9%
Magnesium	17%
Manganese	23%
Phosphorus	1%
Potassium	13%
Selenium	9%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	22%
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Food Evaluation

Vitamin Score	25
Mineral Score	206
Protein Score	0
Fiber Score	0

Total Nutrients Score	89
Net Food Score	57

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At \$2.65 per pound, the cost of all displayed nutrients is \$0.20
Net nutrition per dollar is 284
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19304 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.6 ounces or 132 grams**

Monkfish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	11%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 19%

Histidine*	18%
Isoleucine*	20%
Leucine*	16%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	18%
Tryptophan*	17%
Valine*	18%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	13%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	20%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	2%
Magnesium	6%
Manganese	1%
Phosphorus	13%
Potassium	13%
Selenium	69%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score 99
Mineral Score 268
Protein Score 788
Fiber Score 0

Total Nutrients Score 312
Net Food Score 299

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 82%
Fats 18%

Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$2.03
Net nutrition per dollar is 148
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15054 Food Group Code 1500

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 39 grams

Mozzarella cheese, skim

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	22%
Trans fats	
Cholesterol	8%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	11%
Isoleucine*	11%
Leucine*	10%
Lysine*	11%
Methionine*	6%
Cystine	1%
Phenylalanine*	6%
Tyrosine	7%
Threonine*	8%
Tryptophan*	11%
Valine*	11%

Vitamins

Vitamin A	4%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	22%
Copper	0%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	9%
Potassium	1%
Selenium	8%
Sodium	11%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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Food Evaluation

Vitamin Score	29
Mineral Score	122
Protein Score	445
Fiber Score	0

Total Nutrients Score	158
Net Food Score	121

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	4%
Proteins	41%
Fats	55%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.35**
 Net nutrition per dollar is **351**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Mung beans

Carbohydrates 7%

Fiber	16%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	1%
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	5%
Folate	45%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	3%
Copper	14%
Iron	11%
Magnesium	11%
Manganese	13%
Phosphorus	5%
Potassium	9%
Selenium	3%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	128
Mineral Score	179
Protein Score	258
Fiber Score	200

Total Nutrients Score	199
Net Food Score	195

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	24%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **3102**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16080 Food Group Code 1600

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 116 grams

Mussels

Carbohydrates 2%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	11%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	34%
Omega-6 fats	0%

Proteins 14%

Histidine*	8%
Isoleucine*	14%
Leucine*	10%
Lysine*	12%
Methionine*	7%
Cystine	4%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	13%
Tryptophan*	13%
Valine*	11%

Vitamins

Vitamin A	4%
Thiamin (B-1)	9%
Riboflavin (B-2)	9%
Niacin (B-3)	8%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	12%
Vitamin B-12	233%
Vitamin C	10%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	2%
Copper	5%
Iron	26%
Magnesium	8%
Manganese	172%
Phosphorus	11%
Potassium	9%
Selenium	74%
Sodium	14%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	288
Mineral Score	603
Protein Score	511
Fiber Score	0

Total Nutrients Score	538
Net Food Score	513

Unhealthy Score 25

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	18%
Proteins	59%
Fats	23%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.02**
 Net nutrition per dollar is **501**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15164 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.6 ounces or 385 grams**

Mustard greens

Carbohydrates 7%

Fiber	42%
Sugars, total	11%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	6%
Isoleucine*	9%
Leucine*	3%
Lysine*	5%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	7%
Threonine*	6%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	808%
Thiamin (B-1)	15%
Riboflavin (B-2)	15%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	29%
Folate	180%
Vitamin B-12	0%
Vitamin C	299%
Vitamin D	
Vitamin E	52%
Vitamin K	638%

Minerals

Calcium	28%
Copper	28%
Iron	31%
Magnesium	25%
Manganese	80%
Phosphorus	8%
Potassium	34%
Selenium	5%
Sodium	4%
Zinc	5%

Other Nutrients

Beta-carotene	485%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	930
Mineral Score	595
Protein Score	315
Fiber Score	540

Total Nutrients Score	800
Net Food Score	786

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	26%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.90**
Net nutrition per dollar is **871**
93% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11270 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **0.8 ounces or 21 grams**

Mustard seed

Carbohydrates 3%

Fiber	10%
Sugars, total	3%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	5%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	2%
Cystine	3%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	9%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

Minerals

Calcium	8%
Copper	4%
Iron	12%
Magnesium	13%
Manganese	16%
Phosphorus	9%
Potassium	4%
Selenium	41%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	52
Mineral Score	278
Protein Score	230
Fiber Score	133

Total Nutrients Score	203
Net Food Score	199

Unhealthy Score **4**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	30%
Proteins	18%
Fats	51%

Health Costs

At **\$22.34** per pound, the cost of all displayed nutrients is **\$1.05**
 Net nutrition per dollar is **189**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02024

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Navy beans

Carbohydrates 7%

Fiber	15%
Sugars, total	2%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	10%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	4%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	27%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	12%
Iron	9%
Magnesium	10%
Manganese	18%
Phosphorus	6%
Potassium	9%
Selenium	6%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	90
Mineral Score	196
Protein Score	230
Fiber Score	192

Total Nutrients Score	197
Net Food Score	195

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	20%
Fats	4%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **3025**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16037 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.0 ounces or 227 grams**

Nectarines

Carbohydrates 9%

Fiber	13%
Sugars, total	33%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	15%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	12%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

Minerals

Calcium	1%
Copper	10%
Iron	4%
Magnesium	4%
Manganese	5%
Phosphorus	3%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	7%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	121
Mineral Score	99
Protein Score	31
Fiber Score	164

Total Nutrients Score	117
Net Food Score	88

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	8%
Fats	6%

Health Costs

At **\$1.88** per pound, the cost of all displayed nutrients is **\$1.04**
Net nutrition per dollar is **85**
91% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09191

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.0 ounces or 143 grams**

New England clam chowder

Carbohydrates 5%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	2%
Monounsaturated	6%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	6%
Valine*	4%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	186%
Vitamin C	3%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	3%
Copper	7%
Iron	9%
Magnesium	2%
Manganese	12%
Phosphorus	2%
Potassium	3%
Selenium	17%
Sodium	46%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	215
Mineral Score	151
Protein Score	209
Fiber Score	36

Total Nutrients Score	216
Net Food Score	170

Unhealthy Score 46

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	48%
Proteins	26%
Fats	25%

Health Costs

At **\$1.62** per pound, the cost of all displayed nutrients is **\$0.51**
Net nutrition per dollar is **333**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06030 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Non-fat dry milk w vit A

Carbohydrates 5%

Fiber	0%
Sugars, total	26%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	2%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	9%
Isoleucine*	14%
Leucine*	10%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	10%
Tryptophan*	12%
Valine*	12%

Vitamins

Vitamin A	12%
Thiamin (B-1)	6%
Riboflavin (B-2)	15%
Niacin (B-3)	1%
Pantothenic acid	10%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	19%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	25%
Copper	1%
Iron	0%
Magnesium	6%
Manganese	0%
Phosphorus	13%
Potassium	12%
Selenium	11%
Sodium	6%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	12%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	126
Mineral Score	185
Protein Score	456
Fiber Score	0

Total Nutrients Score	227
Net Food Score	195

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	56%
Proteins	43%
Fats	2%

Health Costs

At **\$4.59** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **699**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01154 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.0 ounces or 114 grams**

Northern pike

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	9%
Omega-6 fats	0%

Proteins 22%

Histidine*	21%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	12%
Pantothenic acid	9%
Vitamin B-6	6%
Folate	4%
Vitamin B-12	38%
Vitamin C	5%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	5%
Copper	3%
Iron	3%
Magnesium	7%
Manganese	12%
Phosphorus	13%
Potassium	7%
Selenium	20%
Sodium	2%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	143
Mineral Score	183
Protein Score	905
Fiber Score	0

Total Nutrients Score	342
Net Food Score	327

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	93%
Fats	7%

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$1.75**
Net nutrition per dollar is **187**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15062 Food Group Code 1500

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 41 grams

Oat bran

Carbohydrates 10%

Fiber	21%
Sugars, total	1%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	5%
Isoleucine*	6%
Leucine*	6%
Lysine*	3%
Methionine*	3%
Cystine	5%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	4%
Tryptophan*	11%
Valine*	7%

Vitamins

Vitamin A	0%
Thiamin (B-1)	24%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	2%
Copper	8%
Iron	12%
Magnesium	19%
Manganese	100%
Phosphorus	15%
Potassium	6%
Selenium	26%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	80
Mineral Score	476
Protein Score	292
Fiber Score	266

Total Nutrients Score	299
Net Food Score	295

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	63%
Proteins	13%
Fats	24%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.18**
 Net nutrition per dollar is **1657**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20033 Food Group Code 2000

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams

Oat bran muffins

Carbohydrates 7%

Fiber	6%
Sugars, total	6%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	2%

Minerals

Calcium	2%
Copper	6%
Iron	9%
Magnesium	12%
Manganese	42%
Phosphorus	7%
Potassium	5%
Selenium	6%
Sodium	6%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	35%
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Food Evaluation

Vitamin Score	51
Mineral Score	224
Protein Score	97
Fiber Score	73

Total Nutrients Score	136
Net Food Score	124

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	8%
Fats	24%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.16**
 Net nutrition per dollar is **762**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18283 Food Group Code 1800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **0.9 ounces** or **26 grams**

Oats

Carbohydrates 6%

Fiber	9%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	8%
Iron	7%
Magnesium	9%
Manganese	55%
Phosphorus	7%
Potassium	3%
Selenium	
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	36
Mineral Score	233
Protein Score	168
Fiber Score	116

Total Nutrients Score	149
Net Food Score	148

Unhealthy Score **2**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	15%
Fats	15%

Health Costs

At **\$1.59** per pound, the cost of all displayed nutrients is **\$0.09**
 Net nutrition per dollar is **1640**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20038

Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 33 grams**

Oegano, dried

Carbohydrates 8%

Fiber	47%
Sugars, total	2%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	45%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	
Vitamin B-6	16%
Folate	22%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	41%
Vitamin K	68%

Minerals

Calcium	37%
Copper	15%
Iron	80%
Magnesium	18%
Manganese	66%
Phosphorus	3%
Potassium	14%
Selenium	3%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	27%
Lycopene	0%
Phytosterols	15%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	400
Mineral Score	595
Protein Score	16
Fiber Score	595

Total Nutrients Score	471
Net Food Score	464

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	63%
Proteins	9%
Fats	28%

Health Costs

At **\$61.76** per pound, the cost of all displayed nutrients is **\$4.45**
Net nutrition per dollar is **104**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02027

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **11.4 ounces or 323 grams**

Okra

Carbohydrates 8%

Fiber	34%
Sugars, total	7%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	4%
Tryptophan*	4%
Valine*	5%

Vitamins

Vitamin A	24%
Thiamin (B-1)	32%
Riboflavin (B-2)	7%
Niacin (B-3)	15%
Pantothenic acid	8%
Vitamin B-6	29%
Folate	71%
Vitamin B-12	0%
Vitamin C	76%
Vitamin D	
Vitamin E	8%
Vitamin K	57%

Minerals

Calcium	19%
Copper	15%
Iron	14%
Magnesium	37%
Manganese	139%
Phosphorus	10%
Potassium	24%
Selenium	3%
Sodium	1%
Zinc	13%

Other Nutrients

Beta-carotene	15%
Lycopene	0%
Phytosterols	17%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	569
Mineral Score	572
Protein Score	194
Fiber Score	439

Total Nutrients Score	574
Net Food Score	566

Unhealthy Score **8**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	16%
Fats	3%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$1.65**
 Net nutrition per dollar is **344**
86% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11278

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

Olive oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	38%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	2%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	23
Mineral Score	1
Protein Score	0
Fiber Score	0

Total Nutrients Score	46
Net Food Score	38

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At \$4.70 per pound, the cost of all displayed nutrients is \$0.12
 Net nutrition per dollar is 325
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04053 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.1 ounces or 87 grams**

Olives, canned

Carbohydrates 2%

Fiber	9%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	31%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	
Valine*	1%

Vitamins

Vitamin A	7%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

Minerals

Calcium	5%
Copper	11%
Iron	16%
Magnesium	1%
Manganese	1%
Phosphorus	0%
Potassium	0%
Selenium	1%
Sodium	33%
Zinc	1%

Other Nutrients

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	80%
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Food Evaluation

Vitamin Score	32
Mineral Score	88
Protein Score	20
Fiber Score	118

Total Nutrients Score	90
Net Food Score	54

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	20%
Proteins	2%
Fats	78%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.38**
Net nutrition per dollar is **142**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09193 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Onion powder

Carbohydrates 8%

Fiber	5%
Sugars, total	19%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	3%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	15%
Folate	12%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	7%
Copper	3%
Iron	4%
Magnesium	7%
Manganese	5%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	69
Mineral Score	104
Protein Score	76
Fiber Score	70

Total Nutrients Score	94
Net Food Score	77

Unhealthy Score 18

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	8%
Fats	3%

Health Costs

At **\$35.92** per pound, the cost of all displayed nutrients is **\$2.28**
Net nutrition per dollar is **34**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02026 Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **8.8 ounces or 250 grams**

Onions

Carbohydrates 8%

Fiber	14%
Sugars, total	19%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	3%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	13%
Folate	12%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	4%
Copper	5%
Iron	3%
Magnesium	5%
Manganese	14%
Phosphorus	4%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	102
Mineral Score	117
Protein Score	56
Fiber Score	181

Total Nutrients Score	120
Net Food Score	102

Unhealthy Score 18

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	90%
Proteins	8%
Fats	2%

Health Costs

At **\$0.79** per pound, the cost of all displayed nutrients is **\$0.48**
 Net nutrition per dollar is **210**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11282

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.8 ounces or 222 grams**

Orange juice

Carbohydrates 8%

Fiber	1%
Sugars, total	34%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	9%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	17%
Vitamin B-12	0%
Vitamin C	123%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	5%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	263
Mineral Score	71
Protein Score	20
Fiber Score	19

Total Nutrients Score	167
Net Food Score	136

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	91%
Proteins	5%
Fats	4%

Health Costs

At **\$0.50** per pound, the cost of all displayed nutrients is **\$0.24**
Net nutrition per dollar is **556**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09206 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.0 ounces or 227 grams**

Orange juice, California

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	7%
Thiamin (B-1)	13%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	5%
Folate	16%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	5%
Iron	2%
Magnesium	5%
Manganese	2%
Phosphorus	1%
Potassium	11%
Selenium	
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	261
Mineral Score	69
Protein Score	17
Fiber Score	
Total Nutrients Score	163
Net Food Score	163
Unhealthy Score	0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	6%
Fats	5%

Health Costs

At **\$0.50** per pound, the cost of all displayed nutrients is **\$0.25**

Net nutrition per dollar is **650**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.8 ounces or 222 grams**

Orange juice, fr-concentrate

Carbohydrates 9%

Fiber	1%
Sugars, total	34%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	5%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	24%
Vitamin B-12	0%
Vitamin C	96%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	1%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	258
Mineral Score	65
Protein Score	20
Fiber Score	19

Total Nutrients Score	162
Net Food Score	131

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	5%
Fats	1%

Health Costs

At **\$1.33** per pound, the cost of all displayed nutrients is **\$0.65**
Net nutrition per dollar is **202**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09215 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.2 ounces or 63 grams**

Orange juice, concentrate

Carbohydrates 9%

Fiber	2%
Sugars, total	43%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	5%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	24%
Vitamin B-12	0%
Vitamin C	96%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	1%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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Food Evaluation

Vitamin Score	259
Mineral Score	65
Protein Score	20
Fiber Score	21

Total Nutrients Score	162
Net Food Score	124

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	5%
Fats	1%

Health Costs

At **\$1.33** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **672**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.6 ounces or 103 grams**

Orange peel

Carbohydrates 9%

Fiber	36%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	9%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	5%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	156%
Vitamin D	
Vitamin E	2%
Vitamin K	

Minerals

Calcium	12%
Copper	5%
Iron	5%
Magnesium	5%
Manganese	
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	252
Mineral Score	86
Protein Score	7
Fiber Score	465

Total Nutrients Score	195
Net Food Score	195

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	5%
Fats	2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.23**
Net nutrition per dollar is **866**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09216 Food Group Code 0900

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.6 ounces or 132 grams

Orange roughy

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	26%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	1%

Proteins 22%

Histidine*	14%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	16%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	21%
Tryptophan*	20%
Valine*	19%

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	9%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

Minerals

Calcium	1%
Copper	5%
Iron	7%
Magnesium	4%
Manganese	3%
Phosphorus	7%
Potassium	5%
Selenium	125%
Sodium	4%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	81
Mineral Score	328
Protein Score	866
Fiber Score	0

Total Nutrients Score	345
Net Food Score	317

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	92%
Fats	8%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.74**
 Net nutrition per dollar is **183**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15073 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.5 ounces or 213 grams**

Oranges

Carbohydrates 9%

Fiber	17%
Sugars, total	36%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	10%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	16%
Vitamin B-12	0%
Vitamin C	126%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	6%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	2%
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	268
Mineral Score	78
Protein Score	55
Fiber Score	217

Total Nutrients Score	193
Net Food Score	161

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	91%
Proteins	7%
Fats	2%

Health Costs

At **\$2.00** per pound, the cost of all displayed nutrients is **\$1.29**
Net nutrition per dollar is **125**
73% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09200 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.2 ounces or 147 grams**

Oysters

Carbohydrates 2%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	26%
Monounsaturated	2%
Polyunsaturated	6%
Omega-3 fats	57%
Omega-6 fats	0%

Proteins 10%

Histidine*	6%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	5%
Cystine	3%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	9%
Tryptophan*	10%
Valine*	8%

Vitamins

Vitamin A	3%
Thiamin (B-1)	7%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	477%
Vitamin C	6%
Vitamin D	118%
Vitamin E	8%
Vitamin K	0%

Minerals

Calcium	5%
Copper	327%
Iron	54%
Magnesium	14%
Manganese	23%
Phosphorus	10%
Potassium	6%
Selenium	134%
Sodium	13%
Zinc	890%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	435
Mineral Score	1000
Protein Score	383
Fiber Score	0

Total Nutrients Score	775
Net Food Score	734

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	24%
Proteins	44%
Fats	32%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$3.24**
Net nutrition per dollar is **227**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15167 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Palm oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	30%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	21
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	28
Net Food Score	1

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **4**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04055 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.0 ounces or 256 grams**

Papayas

Carbohydrates 9%

Fiber	15%
Sugars, total	28%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	0%

Vitamins

Vitamin A	56%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	24%
Vitamin B-12	0%
Vitamin C	176%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

Minerals

Calcium	4%
Copper	2%
Iron	1%
Magnesium	5%
Manganese	1%
Phosphorus	1%
Potassium	16%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	372
Mineral Score	84
Protein Score	30
Fiber Score	196

Total Nutrients Score	242
Net Food Score	217

Unhealthy Score 25

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	5%
Fats	3%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$1.68**
Net nutrition per dollar is **129**
67% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09226 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 35 grams**

Paprika

Carbohydrates 7%

Fiber	43%
Sugars, total	7%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	13%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	365%
Thiamin (B-1)	11%
Riboflavin (B-2)	22%
Niacin (B-3)	24%
Pantothenic acid	6%
Vitamin B-6	58%
Folate	9%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	69%
Vitamin K	9%

Minerals

Calcium	4%
Copper	11%
Iron	45%
Magnesium	13%
Manganese	13%
Phosphorus	6%
Potassium	20%
Selenium	2%
Sodium	1%
Zinc	9%

Other Nutrients

Beta-carotene	192%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	585
Mineral Score	299
Protein Score	22
Fiber Score	551

Total Nutrients Score	456
Net Food Score	446

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	45%
Proteins	17%
Fats	38%

Health Costs

At **\$239.20** per pound, the cost of all displayed nutrients is **\$18.25**
Net nutrition per dollar is **24**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Parmesan cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	23%
Trans fats	
Cholesterol	6%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	11%
Isoleucine*	11%
Leucine*	9%
Lysine*	9%
Methionine*	6%
Cystine	1%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	7%
Tryptophan*	10%
Valine*	11%

Vitamins

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	2%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	22%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	9%
Potassium	1%
Selenium	8%
Sodium	18%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	29%
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Food Evaluation

Vitamin Score	28	Total Nutrients Score 152	Caloric Content
Mineral Score	116		
Protein Score	427		
Fiber Score	0		
		Net Food Score 111	Carbohydrates 3%
		Unhealthy Score 42	Proteins 39%
			Fats 58%

SCORES are based on 1000 as the maximum

Health Costs

At \$5.89 per pound, the cost of all displayed nutrients is \$0.33

Net nutrition per dollar is 334

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 23 grams**

Parmesan cheese, grated

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	22%
Trans fats	
Cholesterol	7%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	8%
Isoleucine*	10%
Leucine*	9%
Lysine*	8%
Methionine*	5%
Cystine	1%
Phenylalanine*	6%
Tyrosine	7%
Threonine*	7%
Tryptophan*	10%
Valine*	11%

Vitamins

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	9%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	18%
Copper	3%
Iron	1%
Magnesium	2%
Manganese	1%
Phosphorus	8%
Potassium	1%
Selenium	6%
Sodium	15%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	21%
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Food Evaluation

Vitamin Score 31
Mineral Score 112
Protein Score 395
Fiber Score 0

Total Nutrients Score 146
Net Food Score 106

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 4%
Proteins 38%
Fats 58%

Health Costs

At \$5.38 per pound, the cost of all displayed nutrients is \$0.28
Net nutrition per dollar is 385
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01032 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.8 ounces or 278 grams**

Parsley

Carbohydrates 6%

Fiber	31%
Sugars, total	4%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	8%
Leucine*	6%
Lysine*	6%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	10%
Valine*	9%

Vitamins

Vitamin A	468%
Thiamin (B-1)	12%
Riboflavin (B-2)	10%
Niacin (B-3)	17%
Pantothenic acid	11%
Vitamin B-6	10%
Folate	106%
Vitamin B-12	0%
Vitamin C	410%
Vitamin D	
Vitamin E	14%
Vitamin K	1519%

Minerals

Calcium	27%
Copper	21%
Iron	96%
Magnesium	28%
Manganese	19%
Phosphorus	8%
Potassium	38%
Selenium	0%
Sodium	7%
Zinc	20%

Other Nutrients

Beta-carotene	281%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	826
Mineral Score	625
Protein Score	306
Fiber Score	390

Total Nutrients Score	748
Net Food Score	736

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	62%
Proteins	20%
Fats	18%

Health Costs

At **\$12.32** per pound, the cost of all displayed nutrients is **\$7.94**
Net nutrition per dollar is **93**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11297 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 36 grams**

Parsley, dried

Carbohydrates 7%

Fiber	37%
Sugars, total	5%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	74%
Thiamin (B-1)	3%
Riboflavin (B-2)	16%
Niacin (B-3)	13%
Pantothenic acid	
Vitamin B-6	15%
Folate	16%
Vitamin B-12	0%
Vitamin C	49%
Vitamin D	
Vitamin E	17%
Vitamin K	164%

Minerals

Calcium	38%
Copper	12%
Iron	197%
Magnesium	18%
Manganese	165%
Phosphorus	6%
Potassium	34%
Selenium	15%
Sodium	7%
Zinc	11%

Other Nutrients

Beta-carotene	39%
Lycopene	1%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	529
Mineral Score	813
Protein Score	35
Fiber Score	469

Total Nutrients Score	616
Net Food Score	605

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	67%
Proteins	20%
Fats	13%

Health Costs

At **\$43.36** per pound, the cost of all displayed nutrients is **\$3.46**
Net nutrition per dollar is **175**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02029

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.7 ounces or 133 grams**

Parsnips

Carbohydrates 9%

Fiber	22%
Sugars, total	12%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	22%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	13%
Vitamin K	10%

Minerals

Calcium	3%
Copper	8%
Iron	4%
Magnesium	8%
Manganese	32%
Phosphorus	5%
Potassium	13%
Selenium	3%
Sodium	1%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	80%
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Food Evaluation

Vitamin Score 168
Mineral Score 199
Protein Score 7
Fiber Score 278

Total Nutrients Score	181
Net Food Score	170

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 92%
Proteins 4%
Fats 3%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.03**
Net nutrition per dollar is **164**
85% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11298 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.0 ounces or 256 grams**

Peaches

Carbohydrates 9%

Fiber	13%
Sugars, total	39%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	17%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

Minerals

Calcium	1%
Copper	9%
Iron	4%
Magnesium	5%
Manganese	7%
Phosphorus	3%
Potassium	12%
Selenium	0%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	8%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	130
Mineral Score	104
Protein Score	54
Fiber Score	164

Total Nutrients Score	128
Net Food Score	93

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	8%
Fats	5%

Health Costs

At \$2.49 per pound, the cost of all displayed nutrients is \$1.47
Net nutrition per dollar is 64
96% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09236 Food Group Code 0900

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.8 ounces or 135 grams

Peaches in syrup, canned

Carbohydrates 10%

Fiber	6%
Sugars, total	46%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

Vitamins

Vitamin A	9%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	47
Mineral Score	36
Protein Score	18
Fiber Score	75

Total Nutrients Score	46
Net Food Score	5

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	97%
Proteins	2%
Fats	1%

Health Costs

At **\$1.23** per pound, the cost of all displayed nutrients is **\$0.37**
 Net nutrition per dollar is **14**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09241

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Peanut oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	10%
Trans fats	
Cholesterol	0%
Monounsaturated	24%
Polyunsaturated	16%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	21
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	32
Net Food Score	23

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$1.40** per pound, the cost of all displayed nutrients is **\$0.03**
Net nutrition per dollar is **649**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04042 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Peanuts

Carbohydrates 1%

Fiber	5%
Sugars, total	1%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	11%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

Minerals

Calcium	1%
Copper	10%
Iron	4%
Magnesium	6%
Manganese	15%
Phosphorus	3%
Potassium	3%
Selenium	2%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score 74
Mineral Score 118
Protein Score 153
Fiber Score 64

Total Nutrients Score 135
Net Food Score 127

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 12%
Proteins 16%
Fats 73%

Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.08
Net nutrition per dollar is 1647
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16087 Food Group Code 1600

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **6.1 ounces or 172 grams**

Pears

Carbohydrates 10%

Fiber	18%
Sugars, total	31%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	1%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	1%
Vitamin K	3%

Minerals

Calcium	1%
Copper	7%
Iron	2%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	39
Mineral Score	57
Protein Score	15
Fiber Score	227

Total Nutrients Score	60
Net Food Score	33

Unhealthy Score **28**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.42**
 Net nutrition per dollar is **78**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09252

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.2 ounces or 175 grams**

Pears in syrup, canned

Carbohydrates 10%

Fiber	9%
Sugars, total	39%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	3%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	13
Mineral Score	39
Protein Score	8
Fiber Score	119

Total Nutrients Score	31
Net Food Score	-4

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	98%
Proteins	1%
Fats	0%

Health Costs

At **\$1.23** per pound, the cost of all displayed nutrients is **\$0.48**
Net nutrition per dollar is **-8**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09256 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.4 ounces or 238 grams

Pears, asian

Carbohydrates 9%

Fiber	29%
Sugars, total	31%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	5%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	2%
Vitamin K	4%

Minerals

Calcium	1%
Copper	6%
Iron	0%
Magnesium	4%
Manganese	6%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	50
Mineral Score	63
Protein Score	30
Fiber Score	365

Total Nutrients Score	81
Net Food Score	53

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	91%
Proteins	4%
Fats	5%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.72**
 Net nutrition per dollar is **31**
91% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09340 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **4.4 ounces or 123 grams**

Peas

Carbohydrates 6%

Fiber	21%
Sugars, total	13%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	4%
Valine*	5%

Vitamins

Vitamin A	19%
Thiamin (B-1)	16%
Riboflavin (B-2)	6%
Niacin (B-3)	12%
Pantothenic acid	1%
Vitamin B-6	9%
Folate	20%
Vitamin B-12	0%
Vitamin C	55%
Vitamin D	
Vitamin E	1%
Vitamin K	10%

Minerals

Calcium	2%
Copper	11%
Iron	10%
Magnesium	8%
Manganese	22%
Phosphorus	7%
Potassium	8%
Selenium	3%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	11%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	260
Mineral Score	196
Protein Score	206
Fiber Score	268

Total Nutrients Score	267
Net Food Score	255

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	23%
Fats	4%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$1.07**
 Net nutrition per dollar is **239**
38% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11304

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 14 grams**

Pecans

Carbohydrates 1%

Fiber	5%
Sugars, total	1%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	27%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	9%
Iron	2%
Magnesium	4%
Manganese	28%
Phosphorus	2%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	20	Total Nutrients Score 94	Caloric Content
Mineral Score	126		
Protein Score	45		
Fiber Score	59		
		Net Food Score 89	Carbohydrates 8%
		Unhealthy Score 5	Proteins 5%
			Fats 87%

SCORES are based on 1000 as the maximum

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.42**

Net nutrition per dollar is **211**

53% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12142 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.0 ounces or 143 grams**

Peppermint, fresh

Carbohydrates 8%

Fiber	38%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	5%

Vitamins

Vitamin A	121%
Thiamin (B-1)	6%
Riboflavin (B-2)	14%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	8%
Folate	41%
Vitamin B-12	0%
Vitamin C	50%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	25%
Copper	24%
Iron	40%
Magnesium	23%
Manganese	73%
Phosphorus	5%
Potassium	20%
Selenium	
Sodium	2%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	409
Mineral Score	535
Protein Score	198
Fiber Score	486

Total Nutrients Score	482
Net Food Score	479

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	13%
Fats	11%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$5.16**
Net nutrition per dollar is **93**
61% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.9 ounces or 110 grams

Perch

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	33%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	19%
Omega-6 fats	0%

Proteins 21%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	35%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	6%
Copper	8%
Iron	5%
Magnesium	7%
Manganese	33%
Phosphorus	11%
Potassium	7%
Selenium	20%
Sodium	3%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	121
Mineral Score	258
Protein Score	881
Fiber Score	0
SCORES are based on 1000 as the maximum	
Total Nutrients Score	373
Net Food Score	340
Unhealthy Score	33

Caloric Content

Carbohydrates	0%
Proteins	91%
Fats	9%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.97**

Net nutrition per dollar is **352**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15060 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.5 ounces or 99 grams**

Pie fillings, apple

Carbohydrates 9%

Fiber	3%
Sugars, total	25%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	0%
Manganese	1%
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	2%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score	4
Mineral Score	21
Protein Score	3
Fiber Score	42

Total Nutrients Score	13
Net Food Score	-11

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	99%
Proteins	0%
Fats	1%

Health Costs

At \$1.79 per pound, the cost of all displayed nutrients is \$0.39
Net nutrition per dollar is -28
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19312 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Pimento

Carbohydrates 8%

Fiber	28%
Sugars, total	23%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	231%
Thiamin (B-1)	4%
Riboflavin (B-2)	9%
Niacin (B-3)	12%
Pantothenic acid	0%
Vitamin B-6	39%
Folate	7%
Vitamin B-12	0%
Vitamin C	410%
Vitamin D	
Vitamin E	20%
Vitamin K	12%

Minerals

Calcium	2%
Copper	11%
Iron	41%
Magnesium	5%
Manganese	17%
Phosphorus	4%
Potassium	17%
Selenium	1%
Sodium	3%
Zinc	6%

Other Nutrients

Beta-carotene	128%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	528
Mineral Score	251
Protein Score	154
Fiber Score	352

Total Nutrients Score	420
Net Food Score	396

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	11%
Fats	11%

Health Costs

At **\$7.56** per pound, the cost of all displayed nutrients is **\$7.25**
Net nutrition per dollar is **55**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11943 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 15 grams**

Pine nuts, dried

Carbohydrates 1%

Fiber	2%
Sugars, total	1%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	13%
Polyunsaturated	23%
Omega-3 fats	1%
Omega-6 fats	1%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	9%
Vitamin K	3%

Minerals

Calcium	0%
Copper	10%
Iron	5%
Magnesium	7%
Manganese	57%
Phosphorus	4%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	37
Mineral Score	223
Protein Score	70
Fiber Score	23

Total Nutrients Score	131
Net Food Score	126

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	7%
Fats	85%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.42**
Net nutrition per dollar is **297**
77% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12147 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.3 ounces or 208 grams**

Pineapple

Carbohydrates 10%

Fiber	10%
Sugars, total	35%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	10%
Folate	8%
Vitamin B-12	0%
Vitamin C	84%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	10%
Iron	3%
Magnesium	5%
Manganese	107%
Phosphorus	1%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	216
Mineral Score	313
Protein Score	38
Fiber Score	124

Total Nutrients Score	243
Net Food Score	211

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	4%
Fats	2%

Health Costs

At **\$1.77** per pound, the cost of all displayed nutrients is **\$1.56**
Net nutrition per dollar is **135**
52% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09266 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.7 ounces or 189 grams**

Pineapple juice w-vit C

Carbohydrates 9%

Fiber	1%
Sugars, total	34%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	92%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	7%
Iron	3%
Magnesium	5%
Manganese	41%
Phosphorus	1%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	207
Mineral Score	160
Protein Score	3
Fiber Score	16

Total Nutrients Score	167
Net Food Score	136

Unhealthy Score 31

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	2%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.24**
Net nutrition per dollar is **109**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09409 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.9 ounces or 167 grams**

Pineapple, canned

Carbohydrates 10%

Fiber	4%
Sugars, total	44%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	0%

Vitamins

Vitamin A	1%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	2%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	7%
Iron	3%
Magnesium	5%
Manganese	81%
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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Food Evaluation

Vitamin Score	68
Mineral Score	255
Protein Score	20
Fiber Score	57

Total Nutrients Score	137
Net Food Score	98

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	97%
Proteins	2%
Fats	1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.36**
Net nutrition per dollar is **269**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09268 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Pink beans

Carbohydrates 7%

Fiber	12%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	6%
Folate	34%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	3%
Copper	12%
Iron	11%
Magnesium	11%
Manganese	17%
Phosphorus	6%
Potassium	11%
Selenium	5%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	104
Mineral Score	196
Protein Score	238
Fiber Score	158

Total Nutrients Score	186
Net Food Score	184

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	21%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2893**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16040 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 72 grams**

Pink salmon, canned

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	13%
Monounsaturated	6%
Polyunsaturated	7%
Omega-3 fats	76%
Omega-6 fats	0%

Proteins 14%

Histidine*	13%
Isoleucine*	15%
Leucine*	12%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	13%
Valine*	13%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	21%
Pantothenic acid	4%
Vitamin B-6	9%
Folate	3%
Vitamin B-12	53%
Vitamin C	0%
Vitamin D	112%
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	11%
Copper	4%
Iron	3%
Magnesium	5%
Manganese	1%
Phosphorus	12%
Potassium	6%
Selenium	34%
Sodium	17%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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Food Evaluation

Vitamin Score	348
Mineral Score	193
Protein Score	589
Fiber Score	0

Total Nutrients Score	513
Net Food Score	480

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	61%
Fats	39%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.47**
Net nutrition per dollar is **1012**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15084 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Pinto beans

Carbohydrates 7%

Fiber	15%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	38%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	2%
Copper	13%
Iron	8%
Magnesium	10%
Manganese	14%
Phosphorus	6%
Potassium	10%
Selenium	11%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	109
Mineral Score	193
Protein Score	219
Fiber Score	190

Total Nutrients Score	186
Net Food Score	185

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	25%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2934**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16042 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Pistachio nuts

Carbohydrates 2%

Fiber	6%
Sugars, total	2%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	3%
Vitamin K	

Minerals

Calcium	1%
Copper	12%
Iron	4%
Magnesium	4%
Manganese	9%
Phosphorus	4%
Potassium	5%
Selenium	2%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	1%
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score	55
Mineral Score	108
Protein Score	141
Fiber Score	79

Total Nutrients Score	119
Net Food Score	112

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	20%
Proteins	13%
Fats	67%

Health Costs

At \$5.00 per pound, the cost of all displayed nutrients is \$0.37
Net nutrition per dollar is 301
53% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12151

Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams**

Plain frozen waffles

Carbohydrates 6%

Fiber	3%
Sugars, total	3%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	2%
Monounsaturated	7%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	9%
Thiamin (B-1)	8%
Riboflavin (B-2)	8%
Niacin (B-3)	13%
Pantothenic acid	1%
Vitamin B-6	14%
Folate	10%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	7%
Copper	0%
Iron	12%
Magnesium	2%
Manganese	4%
Phosphorus	7%
Potassium	1%
Selenium	6%
Sodium	10%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	9%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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Food Evaluation

Vitamin Score	141
Mineral Score	98
Protein Score	82
Fiber Score	33

Total Nutrients Score	134
Net Food Score	119

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	63%
Proteins	9%
Fats	28%

Health Costs

At **\$2.39** per pound, the cost of all displayed nutrients is **\$0.17**
Net nutrition per dollar is **703**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18403 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.9 ounces or 82 grams**

Plantains

Carbohydrates 10%

Fiber	6%
Sugars, total	22%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	2%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	18%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	10%
Folate	5%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	3%
Magnesium	6%
Manganese	
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	7%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	65%
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Food Evaluation

Vitamin Score	103
Mineral Score	64
Protein Score	36
Fiber Score	80

Total Nutrients Score	90
Net Food Score	69

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	4%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **251**
65% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09277 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.7 ounces or 217 grams

Plums

Carbohydrates 9%

Fiber	10%
Sugars, total	39%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	15%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	4%
Vitamin K	5%

Minerals

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	8%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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Food Evaluation

Vitamin Score	111
Mineral Score	70
Protein Score	32
Fiber Score	130

Total Nutrients Score	100
Net Food Score	65

Unhealthy Score 35

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	90%
Proteins	5%
Fats	5%

Health Costs

At \$1.49 per pound, the cost of all displayed nutrients is \$0.76
Net nutrition per dollar is 85
94% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09279

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.4 ounces or 238 grams**

Podded peas

Carbohydrates 7%

Fiber	21%
Sugars, total	17%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	1%
Isoleucine*	9%
Leucine*	6%
Lysine*	5%
Methionine*	1%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	5%
Valine*	12%

Vitamins

Vitamin A	52%
Thiamin (B-1)	18%
Riboflavin (B-2)	7%
Niacin (B-3)	6%
Pantothenic acid	18%
Vitamin B-6	16%
Folate	25%
Vitamin B-12	0%
Vitamin C	159%
Vitamin D	
Vitamin E	6%
Vitamin K	20%

Minerals

Calcium	7%
Copper	9%
Iron	28%
Magnesium	11%
Manganese	25%
Phosphorus	6%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	30%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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Food Evaluation

Vitamin Score	467
Mineral Score	257
Protein Score	252
Fiber Score	263

Total Nutrients Score	405
Net Food Score	388

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	23%
Fats	4%

Health Costs

At **\$1.29** per pound, the cost of all displayed nutrients is **\$0.72**
Net nutrition per dollar is **539**
94% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11300 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.8 ounces or 109 grams**

Pollock

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	26%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	30%
Omega-6 fats	0%

Proteins 21%

Histidine*	20%
Isoleucine*	22%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	19%
Valine*	20%

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	4%
Vitamin B-6	13%
Folate	1%
Vitamin B-12	58%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	5%
Copper	3%
Iron	3%
Magnesium	15%
Manganese	1%
Phosphorus	12%
Potassium	10%
Selenium	57%
Sodium	4%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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Food Evaluation

Vitamin Score 181
Mineral Score 260
Protein Score 874
Fiber Score 0

Total Nutrients Score 422
Net Food Score 395

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 90%
Fats 10%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.44
Net nutrition per dollar is 275
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15065 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.2 ounces or 147 grams**

Pomegranates

Carbohydrates 9%

Fiber	3%
Sugars, total	44%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	9%
Vitamin B-6	6%
Folate	2%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	6%
Vitamin K	2%

Minerals

Calcium	0%
Copper	5%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	78
Mineral Score	52
Protein Score	6
Fiber Score	38

Total Nutrients Score	63
Net Food Score	23

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	5%
Fats	4%

Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$2.89
Net nutrition per dollar is 8
56% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09286 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Pop Tarts

Carbohydrates 7%

Fiber	1%
Sugars, total	17%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	5%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	0%
Vitamin B-6	4%
Folate	
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	5%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	4%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	13%
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Food Evaluation

Vitamin Score	35
Mineral Score	18
Protein Score	5
Fiber Score	11

Total Nutrients Score	33
Net Food Score	10

Unhealthy Score 22

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	74%
Proteins	4%
Fats	22%

Health Costs

At **\$2.38** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **77**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18489 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Popcorn, air-popped

Carbohydrates 7%

Fiber	12%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	4%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	2%
Tryptophan*	2%
Valine*	3%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	5%
Magnesium	7%
Manganese	13%
Phosphorus	5%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	20
Mineral Score	97
Protein Score	119
Fiber Score	159

Total Nutrients Score	83
Net Food Score	82

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	9%
Fats	10%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **1448**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19034 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 19 grams**

Poppy seed

Carbohydrates 2%

Fiber	6%
Sugars, total	5%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	19%
Copper	15%
Iron	10%
Magnesium	12%
Manganese	56%
Phosphorus	8%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	32
Mineral Score	333
Protein Score	153
Fiber Score	80

Total Nutrients Score	181
Net Food Score	172

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	18%
Proteins	12%
Fats	70%

Health Costs

At \$36.15 per pound, the cost of all displayed nutrients is \$1.50
Net nutrition per dollar is 115
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02033 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 78 grams**

Pork and beans, canned

Carbohydrates 5%

Fiber	15%
Sugars, total	4%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	1%
Monounsaturated	6%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	10%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

Minerals

Calcium	3%
Copper	12%
Iron	7%
Magnesium	5%
Manganese	17%
Phosphorus	4%
Potassium	6%
Selenium	7%
Sodium	24%
Zinc	4%

Other Nutrients

Beta-carotene	5%
Lycopene	23%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	48
Mineral Score	156
Protein Score	177
Fiber Score	195

Total Nutrients Score	137
Net Food Score	107

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	53%
Proteins	17%
Fats	31%

Health Costs

At **\$0.76** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **827**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06004 Food Group Code 0600

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 71 grams

Pork chops, lean boneless

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	13%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 15%

Histidine*	20%
Isoleucine*	17%
Leucine*	13%
Lysine*	16%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	30%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	5%
Vitamin B-6	14%
Folate	1%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	33%
Sodium	1%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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Food Evaluation

Vitamin Score	142
Mineral Score	159
Protein Score	675
Fiber Score	0

Total Nutrients Score	277
Net Food Score	258

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	66%
Fats	34%

Health Costs

At **\$2.49** per pound, the cost of all displayed nutrients is **\$0.46**
 Net nutrition per dollar is **556**
84% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10066 Food Group Code 1000

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 75 grams

Pork liver

Carbohydrates 1%

Fiber	0%
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	75%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 16%

Histidine*	14%
Isoleucine*	19%
Leucine*	15%
Lysine*	14%
Methionine*	9%
Cystine	7%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	14%
Tryptophan*	18%
Valine*	18%

Vitamins

Vitamin A	323%
Thiamin (B-1)	11%
Riboflavin (B-2)	80%
Niacin (B-3)	52%
Pantothenic acid	50%
Vitamin B-6	21%
Folate	40%
Vitamin B-12	323%
Vitamin C	21%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	25%
Iron	97%
Magnesium	3%
Manganese	11%
Phosphorus	11%
Potassium	5%
Selenium	56%
Sodium	3%
Zinc	29%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	0%
Retinol	323%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	827
Mineral Score	575
Protein Score	698
Fiber Score	0

Total Nutrients Score	785
Net Food Score	712

Unhealthy Score 74

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	7%
Proteins	68%
Fats	25%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.66**
 Net nutrition per dollar is **1084**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10110 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.6 ounces or 385 grams**

Portabella mushrooms

Carbohydrates 7%

Fiber	19%
Sugars, total	13%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	5%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	6%
Tryptophan*	10%
Valine*	11%

Vitamins

Vitamin A	0%
Thiamin (B-1)	15%
Riboflavin (B-2)	66%
Niacin (B-3)	79%
Pantothenic acid	58%
Vitamin B-6	16%
Folate	21%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	77%
Iron	13%
Magnesium	8%
Manganese	24%
Phosphorus	25%
Potassium	47%
Selenium	60%
Sodium	1%
Zinc	15%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	450
Mineral Score	659
Protein Score	255
Fiber Score	246

Total Nutrients Score	544
Net Food Score	531

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	25%
Fats	6%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$5.24**
Net nutrition per dollar is **101**
97% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11265 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Potato chips

Carbohydrates 3%

Fiber	3%
Sugars, total	0%

Fats Name

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	8%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	8%
Vitamin K	1%

Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	2%
Sodium	4%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	62
Mineral Score	66
Protein Score	48
Fiber Score	34

Total Nutrients Score	76
Net Food Score	63

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	36%
Proteins	3%
Fats	60%

Health Costs

At **\$4.78** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **324**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19411

Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 20 grams**

Potato chips, barbecue

Carbohydrates 4%

Fiber	3%
Sugars, total	

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	15%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	4%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	2%
Sodium	7%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	48
Mineral Score	63
Protein Score	61
Fiber Score	38

Total Nutrients Score	68
Net Food Score	55

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	39%
Proteins	4%
Fats	57%

Health Costs

At **\$5.58** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **218**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19042 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 19 grams**

Potato sticks

Carbohydrates 4%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	16%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	12%
Vitamin K	1%

Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	2%
Sodium	2%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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Food Evaluation

Vitamin Score	60
Mineral Score	55
Protein Score	6
Fiber Score	28

Total Nutrients Score	59
Net Food Score	49

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	41%
Proteins	4%
Fats	55%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **386**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19415 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.6 ounces or 130 grams**

Potatoes with skin

Carbohydrates 8%

Fiber	10%
Sugars, total	2%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	16%
Folate	5%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	1%
Copper	7%
Iron	6%
Magnesium	6%
Manganese	9%
Phosphorus	4%
Potassium	14%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	117
Mineral Score	118
Protein Score	101
Fiber Score	122

Total Nutrients Score	133
Net Food Score	131

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	7%
Fats	1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **462**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11352 Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 46 grams

Potatoes, hashed brown

Carbohydrates 5%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	0%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	0%
Copper	3%
Iron	4%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	5%
Selenium	0%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	56%
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Food Evaluation

Vitamin Score	31
Mineral Score	53
Protein Score	50
Fiber Score	39

Total Nutrients Score	58
Net Food Score	46

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	52%
Proteins	4%
Fats	44%

Health Costs

At **\$1.46** per pound, the cost of all displayed nutrients is **\$0.15**
 Net nutrition per dollar is **312**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11391

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.8 ounces or 108 grams**

Potatoes, no skin

Carbohydrates 8%

Fiber	5%
Sugars, total	3%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	0%
Vitamin C	15%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	12%
Iron	2%
Magnesium	5%
Manganese	8%
Phosphorus	3%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score	89
Mineral Score	104
Protein Score	79
Fiber Score	69

Total Nutrients Score	105
Net Food Score	102

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	93%
Proteins	6%
Fats	1%

Health Costs

At **\$0.89** per pound, the cost of all displayed nutrients is **\$0.27**
Net nutrition per dollar is **370**
77% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11363 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 33 grams**

Poultry seasoning

Carbohydrates 8%

Fiber	12%
Sugars, total	2%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	17%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	
Vitamin B-6	18%
Folate	11%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	3%
Vitamin K	87%

Minerals

Calcium	23%
Copper	14%
Iron	64%
Magnesium	15%
Manganese	97%
Phosphorus	3%
Potassium	6%
Selenium	3%
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	10%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	265
Mineral Score	561
Protein Score	14
Fiber Score	157

Total Nutrients Score	358
Net Food Score	351

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	7%
Fats	21%

Health Costs

At **\$51.07** per pound, the cost of all displayed nutrients is **\$3.67**
Net nutrition per dollar is **96**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Powdered sugar

Carbohydrates 9%

Fiber	0%
Sugars, total	46%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	0
Mineral Score	1
Protein Score	0
Fiber Score	0

Total Nutrients Score	0
Net Food Score	-41

Unhealthy Score 41

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **-723**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Provolone cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	26%
Trans fats	
Cholesterol	7%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	10%
Isoleucine*	7%
Leucine*	7%
Lysine*	8%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	5%
Threonine*	6%
Tryptophan*	8%
Valine*	8%

Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	15%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	6%
Sodium	11%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	41%
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Food Evaluation

Vitamin Score	34
Mineral Score	93
Protein Score	338
Fiber Score	0

Total Nutrients Score	129
Net Food Score	90

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	31%
Fats	67%

Health Costs

At **\$4.98** per pound, the cost of all displayed nutrients is **\$0.31**
Net nutrition per dollar is **288**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01035 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.0 ounces or 141 grams**

Prune juice

Carbohydrates 9%

Fiber	5%
Sugars, total	42%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	0%
Vitamin B-12	0%
Vitamin C	6%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	1%
Copper	5%
Iron	9%
Magnesium	4%
Manganese	9%
Phosphorus	2%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	58
Mineral Score	105
Protein Score	4
Fiber Score	60

Total Nutrients Score	73
Net Food Score	35

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	97%
Proteins	3%
Fats	0%

Health Costs

At **\$1.03** per pound, the cost of all displayed nutrients is **\$0.32**
Net nutrition per dollar is **111**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09294 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams**

Pumpernickel bread

Carbohydrates 7%

Fiber	9%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	6%
Iron	6%
Magnesium	4%
Manganese	23%
Phosphorus	4%
Potassium	2%
Selenium	14%
Sodium	12%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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Food Evaluation

Vitamin Score	61
Mineral Score	157
Protein Score	120
Fiber Score	111

Total Nutrients Score	123
Net Food Score	111

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	76%
Proteins	13%
Fats	11%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.26**
Net nutrition per dollar is **422**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18044 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.6 ounces or 385 grams**

Pumpkin

Carbohydrates 9%

Fiber	6%
Sugars, total	10%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	2%
Tryptophan*	4%
Valine*	2%

Vitamins

Vitamin A	568%
Thiamin (B-1)	10%
Riboflavin (B-2)	15%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	10%
Folate	15%
Vitamin B-12	0%
Vitamin C	38%
Vitamin D	
Vitamin E	27%
Vitamin K	1%

Minerals

Calcium	6%
Copper	24%
Iron	17%
Magnesium	9%
Manganese	21%
Phosphorus	8%
Potassium	33%
Selenium	2%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	238%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	417
Mineral Score	312
Protein Score	114
Fiber Score	82

Total Nutrients Score	358
Net Food Score	348

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	88%
Proteins	9%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.20**
Net nutrition per dollar is **291**
70% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11422 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 22 grams**

Pumpkin and squash seeds

Carbohydrates 4%

Fiber	
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	8%
Iron	4%
Magnesium	12%
Manganese	5%
Phosphorus	1%
Potassium	5%
Selenium	
Sodium	0%
Zinc	15%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	4
Mineral Score	124
Protein Score	188
Fiber Score	

Total Nutrients Score	92
Net Food Score	88

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	49%
Proteins	14%
Fats	36%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **594**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12163 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.4 ounces or 96 grams**

Pumpkin pie mix, canned

Carbohydrates 9%

Fiber	27%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	160%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	2%
Pantothenic acid	11%
Vitamin B-6	6%
Folate	8%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	3%
Iron	6%
Magnesium	3%
Manganese	17%
Phosphorus	2%
Potassium	3%
Selenium	2%
Sodium	9%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	237
Mineral Score	97
Protein Score	31
Fiber Score	340

Total Nutrients Score	188
Net Food Score	180

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	3%
Fats	1%

Health Costs

At **\$0.90** per pound, the cost of all displayed nutrients is **\$0.19**
Net nutrition per dollar is **941**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11426 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 10.4 ounces or 294 grams**

Pumpkin, canned

Carbohydrates 9%

Fiber	28%
Sugars, total	18%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	2%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	915%
Thiamin (B-1)	4%
Riboflavin (B-2)	6%
Niacin (B-3)	5%
Pantothenic acid	12%
Vitamin B-6	7%
Folate	9%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	21%
Vitamin K	16%

Minerals

Calcium	5%
Copper	16%
Iron	23%
Magnesium	14%
Manganese	19%
Phosphorus	5%
Potassium	15%
Selenium	2%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	408%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	334
Mineral Score	247
Protein Score	95
Fiber Score	363

Total Nutrients Score	308
Net Food Score	290

Unhealthy Score 18

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	8%
Fats	7%

Health Costs

At **\$1.16** per pound, the cost of all displayed nutrients is **\$0.75**
Net nutrition per dollar is **385**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11424 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.7 ounces or 19 grams**

Pumpkin-squash seeds

Carbohydrates 1%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	17%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	9%
Valine*	9%

Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

Minerals

Calcium	1%
Copper	13%
Iron	16%
Magnesium	20%
Manganese	25%
Phosphorus	11%
Potassium	4%
Selenium	2%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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Food Evaluation

Vitamin Score	26
Mineral Score	246
Protein Score	286
Fiber Score	32

Total Nutrients Score	175
Net Food Score	167

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	10%
Proteins	22%
Fats	68%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.08**
Net nutrition per dollar is **1989**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12016 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Purslane

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	4%
Isoleucine*	7%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	7%

Vitamins

Vitamin A	165%
Thiamin (B-1)	15%
Riboflavin (B-2)	25%
Niacin (B-3)	14%
Pantothenic acid	2%
Vitamin B-6	19%
Folate	19%
Vitamin B-12	0%
Vitamin C	146%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	29%
Copper	35%
Iron	69%
Magnesium	85%
Manganese	82%
Phosphorus	14%
Potassium	77%
Selenium	8%
Sodium	12%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score 512
Mineral Score 987
Protein Score 248
Fiber Score

Total Nutrients Score	678
Net Food Score	667

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 75%
Proteins 20%
Fats 5%

Health Costs

At **\$1.90** per pound, the cost of all displayed nutrients is **\$3.44**
Net nutrition per dollar is **194**
76% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11427 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 27 grams**

Quinoa

Carbohydrates 7%

Fiber	5%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	2%
Cystine	
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	11%
Iron	14%
Magnesium	11%
Manganese	26%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	32
Mineral Score	193
Protein Score	103
Fiber Score	67

Total Nutrients Score	115
Net Food Score	114

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	12%
Fats	13%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.24**
Net nutrition per dollar is **486**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20035 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Radishes

Carbohydrates 8%

Fiber	33%
Sugars, total	21%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	9%
Niacin (B-3)	7%
Pantothenic acid	10%
Vitamin B-6	18%
Folate	39%
Vitamin B-12	0%
Vitamin C	103%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

Minerals

Calcium	11%
Copper	16%
Iron	12%
Magnesium	13%
Manganese	19%
Phosphorus	6%
Potassium	36%
Selenium	5%
Sodium	11%
Zinc	12%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	333
Mineral Score	314
Protein Score	140
Fiber Score	426

Total Nutrients Score	346
Net Food Score	317

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	12%
Fats	5%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$3.05**
Net nutrition per dollar is **104**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11429

Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.2 ounces** or **33 grams**

Raisins

Carbohydrates 10%

Fiber	4%
Sugars, total	36%

Fats

Name	
Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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Food Evaluation

Vitamin Score	16
Mineral Score	61
Protein Score	27
Fiber Score	53

Total Nutrients Score	40
Net Food Score	8

Unhealthy Score **32**

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	95%
Proteins	3%
Fats	1%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.15**
 Net nutrition per dollar is **52**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09298

Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 23 grams**

Ramen noodle

Carbohydrates 5%

Fiber	2%
Sugars, total	1%

Fats Name

Saturated	10%
Trans fats	
Cholesterol	
Monounsaturated	7%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	17%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	10%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	5%
Phosphorus	1%
Potassium	1%
Selenium	4%
Sodium	20%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	67
Mineral Score	52
Protein Score	67
Fiber Score	21

Total Nutrients Score	75
Net Food Score	48

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	9%
Fats	32%

Health Costs

At **\$7.47** per pound, the cost of all displayed nutrients is **\$0.38**
Net nutrition per dollar is **126**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06982 Food Group Code 0600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 70.5 ounces or 2000 grams**

Ramen Oodles of Noodles

Carbohydrates 5%

Fiber	
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	7%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	0%
Folate	5%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	7%
Copper	0%
Iron	6%
Magnesium	4%
Manganese	9%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	283%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	97%
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Food Evaluation

Vitamin Score	64
Mineral Score	89
Protein Score	34
Fiber Score	
Total Nutrients Score	77
Net Food Score	-16
Unhealthy Score	92

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	48%
Proteins	32%
Fats	21%

Health Costs

At **\$0.76** per pound, the cost of all displayed nutrients is **\$3.35**

Net nutrition per dollar is **-5**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.8 ounces or 192 grams**

Raspberries

Carbohydrates 8%

Fiber	42%
Sugars, total	15%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	6%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	11%
Vitamin K	5%

Minerals

Calcium	3%
Copper	9%
Iron	7%
Magnesium	8%
Manganese	56%
Phosphorus	3%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	183
Mineral Score	242
Protein Score	10
Fiber Score	532

Total Nutrients Score	223
Net Food Score	209

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	8%
Fats	10%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$2.65**
Net nutrition per dollar is **79**
96% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09302 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.6 ounces or 385 grams**

Red bell peppers

Carbohydrates 8%

Fiber	27%
Sugars, total	29%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	0%
Threonine*	3%
Tryptophan*	4%
Valine*	2%

Vitamins

Vitamin A	241%
Thiamin (B-1)	10%
Riboflavin (B-2)	12%
Niacin (B-3)	17%
Pantothenic acid	12%
Vitamin B-6	47%
Folate	44%
Vitamin B-12	0%
Vitamin C	546%
Vitamin D	
Vitamin E	41%
Vitamin K	6%

Minerals

Calcium	2%
Copper	3%
Iron	9%
Magnesium	9%
Manganese	19%
Phosphorus	5%
Potassium	20%
Selenium	1%
Sodium	1%
Zinc	6%

Other Nutrients

Beta-carotene	125%
Lycopene	6%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	679
Mineral Score	181
Protein Score	109
Fiber Score	344

Total Nutrients Score	462
Net Food Score	434

Unhealthy Score 28

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	9%
Fats	9%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$2.06**
Net nutrition per dollar is **211**
82% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11821

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Red leaf lettuce

Carbohydrates 5%

Fiber	19%
Sugars, total	5%

Fats Name

Saturated	
Trans fats	
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	4%
Isoleucine*	5%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	11%
Valine*	5%

Vitamins

Vitamin A	937%
Thiamin (B-1)	20%
Riboflavin (B-2)	17%
Niacin (B-3)	9%
Pantothenic acid	9%
Vitamin B-6	26%
Folate	
Vitamin B-12	
Vitamin C	26%
Vitamin D	
Vitamin E	6%
Vitamin K	292%

Minerals

Calcium	15%
Copper	9%
Iron	42%
Magnesium	15%
Manganese	55%
Phosphorus	9%
Potassium	29%
Selenium	13%
Sodium	7%
Zinc	8%

Other Nutrients

Beta-carotene	562%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	96%
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Food Evaluation

Vitamin Score	546
Mineral Score	473
Protein Score	259
Fiber Score	239

Total Nutrients Score	525
Net Food Score	514

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	55%
Proteins	33%
Fats	12%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$3.43**
Net nutrition per dollar is **150**
80% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11257 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 118 grams**

Red wine

Carbohydrates 1%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	3%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	1%
Iron	3%
Magnesium	3%
Manganese	7%
Phosphorus	1%
Potassium	4%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	42%
Caffeine	

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	11
Mineral Score	50
Protein Score	0
Fiber Score	0

Total Nutrients Score	24
Net Food Score	-15

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	13%
Proteins	0%
Fats	0%

Health Costs

At \$7.99 per pound, the cost of all displayed nutrients is \$2.07
Net nutrition per dollar is -7
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14096 Food Group Code 1400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 31 grams**

Red-cayenne pepper

Carbohydrates 6%

Fiber	29%
Sugars, total	6%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	262%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	12%
Pantothenic acid	
Vitamin B-6	32%
Folate	8%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	63%
Vitamin K	8%

Minerals

Calcium	3%
Copper	6%
Iron	14%
Magnesium	10%
Manganese	27%
Phosphorus	5%
Potassium	16%
Selenium	4%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	137%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	464
Mineral Score	217
Protein Score	16
Fiber Score	364

Total Nutrients Score	351
Net Food Score	340

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	42%
Proteins	13%
Fats	45%

Health Costs

At **\$36.48** per pound, the cost of all displayed nutrients is **\$2.53**
Net nutrition per dollar is **134**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02031

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.8 ounces or 476 grams**

Rhubarb

Carbohydrates 8%

Fiber	29%
Sugars, total	10%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	10%
Thiamin (B-1)	5%
Riboflavin (B-2)	5%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	5%
Folate	8%
Vitamin B-12	0%
Vitamin C	42%
Vitamin D	
Vitamin E	12%
Vitamin K	65%

Minerals

Calcium	29%
Copper	5%
Iron	6%
Magnesium	11%
Manganese	41%
Phosphorus	3%
Potassium	34%
Selenium	7%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	284
Mineral Score	341
Protein Score	19
Fiber Score	365

Total Nutrients Score	301
Net Food Score	291

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	14%
Fats	8%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$2.79**
Net nutrition per dollar is **104**
75% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09307 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 32 grams**

Rice bran

Carbohydrates 6%

Fiber	22%
Sugars, total	1%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	4%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	3%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	44%
Riboflavin (B-2)	3%
Niacin (B-3)	49%
Pantothenic acid	23%
Vitamin B-6	54%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

Minerals

Calcium	1%
Copper	12%
Iron	33%
Magnesium	49%
Manganese	196%
Phosphorus	27%
Potassium	12%
Selenium	7%
Sodium	0%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	328
Mineral Score	614
Protein Score	165
Fiber Score	283

Total Nutrients Score	458
Net Food Score	451

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	37%
Proteins	8%
Fats	55%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.28**
Net nutrition per dollar is **1622**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20060 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Rice cakes, brown rice

Carbohydrates 8%

Fiber	4%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	6%
Iron	2%
Magnesium	7%
Manganese	42%
Phosphorus	5%
Potassium	2%
Selenium	9%
Sodium	4%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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Food Evaluation

Vitamin Score	34
Mineral Score	188
Protein Score	81
Fiber Score	46

Total Nutrients Score	108
Net Food Score	103

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	7%
Fats	6%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.11**
Net nutrition per dollar is **912**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19051

Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams**

Rich vanilla ice cream

Carbohydrates 3%

Fiber	0%
Sugars, total	15%

Fats Name

Saturated	22%
Trans fats	
Cholesterol	12%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	5%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	4%
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	3%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	57%
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Food Evaluation

Vitamin Score	36
Mineral Score	30
Protein Score	56
Fiber Score	0

Total Nutrients Score	48
Net Food Score	3

Unhealthy Score 46

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	36%
Proteins	6%
Fats	59%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.09**
Net nutrition per dollar is **32**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19089 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.0 ounces or 57 grams**

Ricotta cheese

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	26%
Trans fats	
Cholesterol	10%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	8%
Isoleucine*	8%
Leucine*	7%
Lysine*	9%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	6%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	8%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	12%
Sodium	2%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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Food Evaluation

Vitamin Score	31
Mineral Score	83
Protein Score	310
Fiber Score	0

Total Nutrients Score	118
Net Food Score	84

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	7%
Proteins	28%
Fats	66%

Health Costs

At \$2.10 per pound, the cost of all displayed nutrients is \$0.27
Net nutrition per dollar is 317
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01036 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 72 grams**

Ricotta cheese, skim

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	11%
Isoleucine*	10%
Leucine*	9%
Lysine*	11%
Methionine*	5%
Cystine	2%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	8%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	14%
Copper	1%
Iron	2%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	2%
Selenium	17%
Sodium	4%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	35
Mineral Score	127
Protein Score	396
Fiber Score	0

Total Nutrients Score	153
Net Food Score	125

Unhealthy Score 28

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	14%
Proteins	35%
Fats	50%

Health Costs

At **\$1.50** per pound, the cost of all displayed nutrients is **\$0.24**
Net nutrition per dollar is **521**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01037 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 20.7 ounces or 588 grams**

Romaine lettuce

Carbohydrates 7%

Fiber	41%
Sugars, total	13%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	5%
Tryptophan*	5%
Valine*	6%

Vitamins

Vitamin A	683%
Thiamin (B-1)	21%
Riboflavin (B-2)	14%
Niacin (B-3)	8%
Pantothenic acid	8%
Vitamin B-6	18%
Folate	200%
Vitamin B-12	0%
Vitamin C	157%
Vitamin D	
Vitamin E	5%
Vitamin K	201%

Minerals

Calcium	14%
Copper	14%
Iron	32%
Magnesium	16%
Manganese	40%
Phosphorus	9%
Potassium	36%
Selenium	3%
Sodium	2%
Zinc	9%

Other Nutrients

Beta-carotene	410%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	829
Mineral Score	421
Protein Score	225
Fiber Score	526

Total Nutrients Score	664
Net Food Score	649

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	17%
Fats	15%

Health Costs

At **\$1.42** per pound, the cost of all displayed nutrients is **\$1.96**
Net nutrition per dollar is **332**
94% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11251

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Romano cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	24%
Trans fats	
Cholesterol	9%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	10%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	5%
Cystine	1%
Phenylalanine*	5%
Tyrosine	6%
Threonine*	6%
Tryptophan*	9%
Valine*	10%

Vitamins

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	20%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	10%
Potassium	1%
Selenium	5%
Sodium	13%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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Food Evaluation

Vitamin Score	24
Mineral Score	106
Protein Score	385
Fiber Score	0

Total Nutrients Score	139
Net Food Score	97

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	4%
Proteins	35%
Fats	61%

Health Costs

At \$10.64 per pound, the cost of all displayed nutrients is \$0.61
Net nutrition per dollar is 160
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01038 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Roquefort cheese

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	10%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	8%
Leucine*	6%
Lysine*	6%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	7%
Valine*	8%

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	6%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	13%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	5%
Potassium	1%
Selenium	6%
Sodium	21%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	39%
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Food Evaluation

Vitamin Score	44
Mineral Score	76
Protein Score	268
Fiber Score	0

Total Nutrients Score	115
Net Food Score	63

Unhealthy Score 52

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	2%
Proteins	25%
Fats	73%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.60**
Net nutrition per dollar is **106**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Rosemary, dried

Carbohydrates 7%

Fiber	43%
Sugars, total	

Fats Name

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	19%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	22%
Folate	23%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	28%
Copper	8%
Iron	49%
Magnesium	13%
Manganese	25%
Phosphorus	1%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	171
Mineral Score	339
Protein Score	6
Fiber Score	548

Total Nutrients Score	256
Net Food Score	245

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	4%
Fats	38%

Health Costs

At **\$59.04** per pound, the cost of all displayed nutrients is **\$3.93**
Net nutrition per dollar is **62**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02036 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.7 ounces or 76 grams**

Rosemary, fresh

Carbohydrates 6%

Fiber	36%
Sugars, total	

Fats Name

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	45%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	11%
Folate	21%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	17%
Copper	11%
Iron	28%
Magnesium	14%
Manganese	32%
Phosphorus	3%
Potassium	13%
Selenium	
Sodium	1%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	68%
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Food Evaluation

Vitamin Score	191
Mineral Score	298
Protein Score	93
Fiber Score	458

Total Nutrients Score	263
Net Food Score	251

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	56%
Proteins	6%
Fats	37%

Health Costs

At \$42.45 per pound, the cost of all displayed nutrients is \$10.99
Net nutrition per dollar is 23
65% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02063 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 9.8 ounces or 278 grams**

Rutabagas

Carbohydrates 8%

Fiber	23%
Sugars, total	28%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	13%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	12%
Folate	15%
Vitamin B-12	0%
Vitamin C	77%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

Minerals

Calcium	9%
Copper	6%
Iron	8%
Magnesium	13%
Manganese	21%
Phosphorus	8%
Potassium	23%
Selenium	3%
Sodium	2%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	242
Mineral Score	235
Protein Score	99
Fiber Score	296

Total Nutrients Score	252
Net Food Score	225

Unhealthy Score 28

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	86%
Proteins	9%
Fats	5%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$1.43**
Net nutrition per dollar is **157**
85% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11435 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.4 ounces or 39 grams**

Rye bread

Carbohydrates 7%

Fiber	7%
Sugars, total	3%

Fats

Name	
Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	15%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	4%
Iron	6%
Magnesium	3%
Manganese	14%
Phosphorus	2%
Potassium	2%
Selenium	17%
Sodium	11%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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Food Evaluation

Vitamin Score	67
Mineral Score	128
Protein Score	110
Fiber Score	96

Total Nutrients Score	113
Net Food Score	100

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	12%
Fats	11%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.26**
 Net nutrition per dollar is **390**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18060

Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Safflower oil, linoleic

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	38%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	26%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	11%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	45
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	30
Net Food Score	26

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$2.50** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **425**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04510 Food Group Code 0400

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

Saffron

Carbohydrates 8%

Fiber	4%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	14%
Folate	8%
Vitamin B-12	0%
Vitamin C	29%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	5%
Iron	20%
Magnesium	17%
Manganese	398%
Phosphorus	4%
Potassium	14%
Selenium	3%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	106
Mineral Score	407
Protein Score	16
Fiber Score	54

Total Nutrients Score	212
Net Food Score	208

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	9%
Fats	16%

Health Costs

At **\$128.77** per pound, the cost of all displayed nutrients is **\$9.16**
 Net nutrition per dollar is **23**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02037

Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.1 ounces or 32 grams**

Sage

Carbohydrates 7%

Fiber	43%
Sugars, total	1%

Fats Name

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	37%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	36%
Folate	22%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	16%
Vitamin K	181%

Minerals

Calcium	37%
Copper	12%
Iron	50%
Magnesium	27%
Manganese	43%
Phosphorus	1%
Potassium	8%
Selenium	2%
Sodium	0%
Zinc	10%

Other Nutrients

Beta-carotene	22%
Lycopene	0%
Phytosterols	17%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	429
Mineral Score	464
Protein Score	15
Fiber Score	544

Total Nutrients Score	435
Net Food Score	423

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	8%
Fats	34%

Health Costs

At **\$128.77** per pound, the cost of all displayed nutrients is **\$9.01**
 Net nutrition per dollar is **47**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02038

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 23 grams**

Salad dressing, sesame seed

Carbohydrates 1%

Fiber	1%
Sugars, total	3%

Fats Name

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	8%
Vitamin K	4%

Minerals

Calcium	0%
Copper	0%
Iron	1%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	10%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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Food Evaluation

Vitamin Score	21
Mineral Score	7
Protein Score	16
Fiber Score	10

Total Nutrients Score	28
Net Food Score	10

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	7%
Proteins	3%
Fats	90%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.20**
Net nutrition per dollar is **49**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04016 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.9 ounces or 55 grams**

Salmon

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	13%
Monounsaturated	7%
Polyunsaturated	8%
Omega-3 fats	76%
Omega-6 fats	0%

Proteins 14%

Histidine*	13%
Isoleucine*	15%
Leucine*	12%
Lysine*	14%
Methionine*	10%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	13%
Valine*	13%

Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	10%
Niacin (B-3)	25%
Pantothenic acid	11%
Vitamin B-6	22%
Folate	4%
Vitamin B-12	28%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	9%
Iron	3%
Magnesium	4%
Manganese	1%
Phosphorus	7%
Potassium	9%
Selenium	37%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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Food Evaluation

Vitamin Score 186
Mineral Score 176
Protein Score 578
Fiber Score 0

Total Nutrients Score 421
Net Food Score 405

Unhealthy Score 16

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 60%
Fats 40%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.73
Net nutrition per dollar is 558
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15209 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Salmon oil

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	12%
Trans fats	
Cholesterol	18%
Monounsaturated	15%
Polyunsaturated	20%
Omega-3 fats	237%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	391
Net Food Score	364

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **2488**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04593 Food Group Code 0400

% of Daily Requirements from 100 Calories of

Amount for 100 calories is ounces or grams

Salt

Carbohydrates

Fiber	
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	
Copper	
Iron	
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	
Zinc	

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	
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Food Evaluation

Vitamin Score 0
 Mineral Score 0
 Protein Score 0
 Fiber Score

Total Nutrients Score	0
Net Food Score	0

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates
 Proteins
 Fats

Health Costs

At **\$0.49** per pound, the cost of all displayed nutrients is
 Net nutrition per dollar is
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 23 grams**

Saltines (oyster, soup)

Carbohydrates 6%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	17%
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	3%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	1%
Copper	3%
Iron	7%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	1%
Selenium	3%
Sodium	11%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	49
Mineral Score	64
Protein Score	74
Fiber Score	30

Total Nutrients Score	74
Net Food Score	47

Unhealthy Score 27

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	9%
Fats	23%

Health Costs

At **\$2.27** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **405**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18228 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 18.6 ounces or 526 grams**

Sauerkraut, canned

Carbohydrates 8%

Fiber	51%
Sugars, total	17%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	29%
Folate	32%
Vitamin B-12	0%
Vitamin C	86%
Vitamin D	
Vitamin E	5%
Vitamin K	23%

Minerals

Calcium	11%
Copper	25%
Iron	43%
Magnesium	14%
Manganese	35%
Phosphorus	5%
Potassium	22%
Selenium	5%
Sodium	151%
Zinc	7%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	338
Mineral Score	404
Protein Score	118
Fiber Score	650

Total Nutrients Score	392
Net Food Score	287

Unhealthy Score 106

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	12%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.15**
Net nutrition per dollar is **250**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11439 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams**

Savory

Carbohydrates 9%

Fiber	56%
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	38%
Thiamin (B-1)	7%
Riboflavin (B-2)	
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	28%
Folate	
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	56%
Copper	16%
Iron	77%
Magnesium	28%
Manganese	98%
Phosphorus	3%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	11%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score 173
Mineral Score 726
Protein Score 11
Fiber Score 715

Total Nutrients Score 409
Net Food Score 403

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 76%
Proteins 6%
Fats 18%

Health Costs

At \$7.73 per pound, the cost of all displayed nutrients is \$0.63
Net nutrition per dollar is 644
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02039 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.0 ounces or 114 grams**

Scallops

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	13%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

Proteins 19%

Histidine*	12%
Isoleucine*	19%
Leucine*	14%
Lysine*	16%
Methionine*	10%
Cystine	6%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	17%
Tryptophan*	18%
Valine*	15%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	5%
Vitamin B-12	29%
Vitamin C	4%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	2%
Copper	3%
Iron	2%
Magnesium	13%
Manganese	4%
Phosphorus	12%
Potassium	9%
Selenium	36%
Sodium	8%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score	99
Mineral Score	215
Protein Score	704
Fiber Score	0

Total Nutrients Score	302
Net Food Score	283

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	11%
Proteins	81%
Fats	8%

Health Costs

At **\$8.99** per pound, the cost of all displayed nutrients is **\$2.25**
Net nutrition per dollar is **126**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15172 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Semolina, enriched

Carbohydrates 7%

Fiber	4%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	6%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	18%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	

Minerals

Calcium	0%
Copper	3%
Iron	7%
Magnesium	3%
Manganese	7%
Phosphorus	2%
Potassium	1%
Selenium	35%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	13%
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Food Evaluation

Vitamin Score	80
Mineral Score	147
Protein Score	119
Fiber Score	46

Total Nutrients Score	123
Net Food Score	123

Unhealthy Score 0

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	14%
Fats	2%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **670**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20066 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Sesame oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	21%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	22%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	3	Total Nutrients Score 20	Caloric Content
Mineral Score	0		
Protein Score	0		
Fiber Score	0		
		Net Food Score 12	Carbohydrates 0%
		Unhealthy Score 8	Proteins 0%
			Fats 100%

SCORES are based on 1000 as the maximum

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.17**

Net nutrition per dollar is **68**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 17 grams**

Sesame seeds

Carbohydrates 1%

Fiber	7%
Sugars, total	0%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	17%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	6%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	0%
Vitamin B-6	6%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	12%
Copper	36%
Iron	14%
Magnesium	12%
Manganese	19%
Phosphorus	5%
Potassium	2%
Selenium	1%
Sodium	0%
Zinc	9%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	28%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	39
Mineral Score	269
Protein Score	137
Fiber Score	88

Total Nutrients Score	167
Net Food Score	161

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	17%
Proteins	11%
Fats	73%

Health Costs

At **\$38.42** per pound, the cost of all displayed nutrients is **\$1.48**
Net nutrition per dollar is **109**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12023 Food Group Code 1200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **1.8 ounces** or **51 grams**

Shad

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats

Name	
Saturated	9%
Trans fats	
Cholesterol	13%
Monounsaturated	13%
Polyunsaturated	8%
Omega-3 fats	79%
Omega-6 fats	0%

Proteins 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	19%
Pantothenic acid	4%
Vitamin B-6	8%
Folate	2%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	2%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	1%
Phosphorus	7%
Potassium	5%
Selenium	26%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	68%
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Food Evaluation

Vitamin Score	83
Mineral Score	120
Protein Score	356
Fiber Score	0

Total Nutrients Score	313
Net Food Score	293

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	37%
Fats	63%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.67**
 Net nutrition per dollar is **437**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15094

Food Group Code 1500

% of Daily Requirements from 100 Calories of

Amount for 100 calories is **4.9 ounces or 139 grams**

Shallots

Carbohydrates 8%

Fiber	
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	33%
Thiamin (B-1)	4%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	20%
Folate	12%
Vitamin B-12	
Vitamin C	12%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	4%
Copper	6%
Iron	9%
Magnesium	6%
Manganese	18%
Phosphorus	4%
Potassium	12%
Selenium	2%
Sodium	1%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	80%
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Food Evaluation

Vitamin Score 153
 Mineral Score 156
 Protein Score 110
 Fiber Score

Total Nutrients Score	159
Net Food Score	158

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 89%
 Proteins 10%
 Fats 1%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.52**
 Net nutrition per dollar is **305**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11677

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.3 ounces or 93 grams**

Sheep milk

Carbohydrates 2%

Fiber	0%
Sugars, total	

Fats Name

Saturated	23%
Trans fats	
Cholesterol	8%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	7%

Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	12%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	11%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	13%
Copper	2%
Iron	1%
Magnesium	3%
Manganese	1%
Phosphorus	7%
Potassium	3%
Selenium	2%
Sodium	2%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	74
Mineral Score	86
Protein Score	254
Fiber Score	0

Total Nutrients Score	128
Net Food Score	99

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	19%
Proteins	24%
Fats	57%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.61**
Net nutrition per dollar is **161**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01109 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 34 grams**

Shiitake mushrooms

Carbohydrates 9%

Fiber	13%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	1%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	15%
Niacin (B-3)	22%
Pantothenic acid	74%
Vitamin B-6	14%
Folate	14%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	87%
Iron	3%
Magnesium	9%
Manganese	17%
Phosphorus	5%
Potassium	13%
Selenium	22%
Sodium	0%
Zinc	17%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	252
Mineral Score	423
Protein Score	111
Fiber Score	165

Total Nutrients Score	320
Net Food Score	319

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	8%
Fats	3%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.45**
Net nutrition per dollar is **714**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11268 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.3 ounces or 94 grams**

Shrimp

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	48%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	31%
Omega-6 fats	0%

Proteins 19%

Histidine*	12%
Isoleucine*	21%
Leucine*	16%
Lysine*	19%
Methionine*	12%
Cystine	5%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	16%
Tryptophan*	22%
Valine*	16%

Vitamins

Vitamin A	3%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	11%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	18%
Vitamin C	2%
Vitamin D	36%
Vitamin E	7%
Vitamin K	0%

Minerals

Calcium	4%
Copper	12%
Iron	13%
Magnesium	7%
Manganese	2%
Phosphorus	10%
Potassium	4%
Selenium	51%
Sodium	6%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	152
Mineral Score	267
Protein Score	774
Fiber Score	0

Total Nutrients Score	392
Net Food Score	342

Unhealthy Score 50

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	4%
Proteins	82%
Fats	15%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.25**
Net nutrition per dollar is **274**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15149 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 30 grams**

Soft pretzels

Carbohydrates 7%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	
Vitamin B-6	0%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	2%
Iron	6%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	7%
Sodium	18%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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Food Evaluation

Vitamin Score	32
Mineral Score	51
Protein Score	11
Fiber Score	21

Total Nutrients Score	40
Net Food Score	23

Unhealthy Score 18

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	10%
Fats	8%

Health Costs

At **\$3.31** per pound, the cost of all displayed nutrients is **\$0.22**
Net nutrition per dollar is **104**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43109 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 47 grams**

Sour cream

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	33%
Trans fats	
Cholesterol	7%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	4%
Copper	0%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	1%
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	31
Mineral Score	28
Protein Score	67
Fiber Score	0

Total Nutrients Score	51
Net Food Score	15

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	6%
Fats	86%

Health Costs

At **\$1.50** per pound, the cost of all displayed nutrients is **\$0.15**
Net nutrition per dollar is **95**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01056 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.3 ounces or 66 grams**

Sour cream, reduced fat

Carbohydrates 2%

Fiber	0%
Sugars, total	8%

Fats Name

Saturated	27%
Trans fats	
Cholesterol	11%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	14%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	8%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	4%
Potassium	3%
Selenium	
Sodium	2%
Zinc	

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score 26
Mineral Score 36
Protein Score 13
Fiber Score 3

Total Nutrients Score	29
Net Food Score	-13

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 17%
Proteins 12%
Fats 71%

Health Costs

At \$1.50 per pound, the cost of all displayed nutrients is \$0.22
Net nutrition per dollar is -60
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01193 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 7.1 ounces or 200 grams**

Sour red cherries

Carbohydrates 9%

Fiber	11%
Sugars, total	31%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	51%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	2%
Copper	10%
Iron	4%
Magnesium	4%
Manganese	10%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	31%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	167
Mineral Score	100
Protein Score	9
Fiber Score	136

Total Nutrients Score	135
Net Food Score	106

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	88%
Proteins	7%
Fats	5%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.95**
Net nutrition per dollar is **54**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09063 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 35 grams**

Sourdough or French Bread

Carbohydrates 7%

Fiber	3%
Sugars, total	2%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	20%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	2%
Iron	7%
Magnesium	2%
Manganese	8%
Phosphorus	2%
Potassium	1%
Selenium	13%
Sodium	10%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	28%
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Food Evaluation

Vitamin Score	73
Mineral Score	94
Protein Score	118
Fiber Score	35

Total Nutrients Score	101
Net Food Score	90

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	16%
Fats	6%

Health Costs

At **\$1.59** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **742**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18029 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Soy and corn oil, industrial

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	11%
Trans fats	31%
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	19%
Omega-3 fats	12%
Omega-6 fats	43%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	4
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	41
Net Food Score	4

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$1.06** per pound, the cost of all displayed nutrients is **\$0.03**
Net nutrition per dollar is **149**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04666 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.8 ounces or 192 grams**

Soy milk

Carbohydrates 3%

Fiber	8%
Sugars, total	2%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	5%
Isoleucine*	7%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	0%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	8%
Valine*	5%

Vitamins

Vitamin A	24%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	10%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	39%
Vitamin C	0%
Vitamin D	8%
Vitamin E	17%
Vitamin K	2%

Minerals

Calcium	5%
Copper	14%
Iron	12%
Magnesium	10%
Manganese	18%
Phosphorus	5%
Potassium	6%
Selenium	13%
Sodium	5%
Zinc	6%

Other Nutrients

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	221
Mineral Score	215
Protein Score	242
Fiber Score	106

Total Nutrients Score	253
Net Food Score	245

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	39%
Proteins	30%
Fats	31%

Health Costs

At **\$0.63** per pound, the cost of all displayed nutrients is **\$0.27**
Net nutrition per dollar is **917**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16120 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 30 grams**

Soy protein isolate

Carbohydrates 1%

Fiber	6%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 24%

Histidine*	22%
Isoleucine*	29%
Leucine*	21%
Lysine*	18%
Methionine*	8%
Cystine	7%
Phenylalanine*	17%
Tyrosine	12%
Threonine*	20%
Tryptophan*	27%
Valine*	22%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	4%
Copper	24%
Iron	24%
Magnesium	2%
Manganese	19%
Phosphorus	11%
Potassium	1%
Selenium	0%
Sodium	13%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	35
Mineral Score	226
Protein Score	982
Fiber Score	71

Total Nutrients Score	308
Net Food Score	296

Unhealthy Score 12

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	9%
Proteins	83%
Fats	8%

Health Costs

At **\$10.99** per pound, the cost of all displayed nutrients is **\$0.72**
Net nutrition per dollar is **413**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16122 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Soybean oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	30%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	7%
Vitamin K	7%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	25
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	24
Net Food Score	16

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$1.26** per pound, the cost of all displayed nutrients is **\$0.03**
Net nutrition per dollar is **501**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04044 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

Soybeans

Carbohydrates 3%

Fiber	7%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	8%
Isoleucine*	10%
Leucine*	7%
Lysine*	7%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	10%
Valine*	8%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	7%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	23%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	4%

Minerals

Calcium	5%
Copper	20%
Iron	21%
Magnesium	13%
Manganese	26%
Phosphorus	8%
Potassium	11%
Selenium	6%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	95
Mineral Score	288
Protein Score	359
Fiber Score	95

Total Nutrients Score	240
Net Food Score	236

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	29%
Proteins	30%
Fats	40%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.05**
Net nutrition per dollar is **4504**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16108 Food Group Code 1600

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.4 ounces or 68 grams

Soybeans, green

Carbohydrates 3%

Fiber	10%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	7%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	2%
Thiamin (B-1)	15%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	28%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	10%
Copper	4%
Iron	13%
Magnesium	9%
Manganese	16%
Phosphorus	7%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	68%
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Food Evaluation

Vitamin Score	139
Mineral Score	183
Protein Score	323
Fiber Score	122

Total Nutrients Score	217
Net Food Score	214

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	31%
Proteins	31%
Fats	39%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.56**
 Net nutrition per dollar is **380**
53% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11450 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 52 grams**

Soyburger

Carbohydrates 1%

Fiber	8%
Sugars, total	1%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	23%
Riboflavin (B-2)	11%
Niacin (B-3)	23%
Pantothenic acid	
Vitamin B-6	26%
Folate	10%
Vitamin B-12	21%
Vitamin C	0%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

Minerals

Calcium	1%
Copper	18%
Iron	6%
Magnesium	2%
Manganese	
Phosphorus	9%
Potassium	2%
Selenium	1%
Sodium	12%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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Food Evaluation

Vitamin Score 209
Mineral Score 109
Protein Score 47
Fiber Score 101

Total Nutrients Score 168
Net Food Score 153

Unhealthy Score 15

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 15%
Proteins 43%
Fats 42%

Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.34
Net nutrition per dollar is 451
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43133 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Spaghetti, enriched

Carbohydrates 7%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	26%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	4%
Iron	5%
Magnesium	3%
Manganese	11%
Phosphorus	3%
Potassium	2%
Selenium	24%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	94
Mineral Score	130
Protein Score	122
Fiber Score	37

Total Nutrients Score	125
Net Food Score	123

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	14%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2098**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20120 Food Group Code 2000

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

Spam

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	17%
Trans fats	
Cholesterol	8%
Monounsaturated	20%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	0%
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	
Potassium	2%
Selenium	
Sodium	19%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	53%
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Food Evaluation

Vitamin Score	1
Mineral Score	25
Protein Score	19
Fiber Score	0

Total Nutrients Score	32
Net Food Score	-8

Unhealthy Score 39

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	4%
Proteins	17%
Fats	79%

Health Costs

At **\$3.05** per pound, the cost of all displayed nutrients is **\$0.22**
 Net nutrition per dollar is **-36**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07276 Food Group Code 0700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 8.0 ounces or 227 grams**

Spearmint, fresh

Carbohydrates 7%

Fiber	52%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	184%
Thiamin (B-1)	9%
Riboflavin (B-2)	14%
Niacin (B-3)	10%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	60%
Vitamin B-12	0%
Vitamin C	34%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	32%
Copper	27%
Iron	150%
Magnesium	29%
Manganese	110%
Phosphorus	7%
Potassium	26%
Selenium	
Sodium	3%
Zinc	17%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score	430
Mineral Score	819
Protein Score	275
Fiber Score	658

Total Nutrients Score	626
Net Food Score	621

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	68%
Proteins	18%
Fats	14%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$12.21**
Net nutrition per dollar is **51**
41% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02065 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Spinach

Carbohydrates 6%

Fiber	32%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	9%
Isoleucine*	15%
Leucine*	10%
Lysine*	9%
Methionine*	5%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	11%
Tryptophan*	14%
Valine*	13%

Vitamins

Vitamin A	815%
Thiamin (B-1)	17%
Riboflavin (B-2)	29%
Niacin (B-3)	14%
Pantothenic acid	3%
Vitamin B-6	35%
Folate	211%
Vitamin B-12	0%
Vitamin C	136%
Vitamin D	
Vitamin E	59%
Vitamin K	700%

Minerals

Calcium	31%
Copper	28%
Iron	65%
Magnesium	69%
Manganese	170%
Phosphorus	11%
Potassium	61%
Selenium	6%
Sodium	15%
Zinc	15%

Other Nutrients

Beta-carotene	489%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	973
Mineral Score	937
Protein Score	497
Fiber Score	407

Total Nutrients Score	975
Net Food Score	958

Unhealthy Score 18

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	56%
Proteins	30%
Fats	14%

Health Costs

At **\$2.88** per pound, the cost of all displayed nutrients is **\$3.83**
Net nutrition per dollar is **250**
72% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11457 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 18.6 ounces or 526 grams**

Spinach, canned

Carbohydrates 6%

Fiber	28%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	8%
Isoleucine*	13%
Leucine*	9%
Lysine*	8%
Methionine*	5%
Cystine	3%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	10%
Tryptophan*	12%
Valine*	11%

Vitamins

Vitamin A	677%
Thiamin (B-1)	5%
Riboflavin (B-2)	20%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	18%
Folate	76%
Vitamin B-12	0%
Vitamin C	79%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	31%
Copper	31%
Iron	46%
Magnesium	59%
Manganese	113%
Phosphorus	8%
Potassium	30%
Selenium	9%
Sodium	73%
Zinc	15%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	534
Mineral Score	799
Protein Score	442
Fiber Score	358

Total Nutrients Score	685
Net Food Score	618

Unhealthy Score 67

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	56%
Proteins	28%
Fats	17%

Health Costs

At **\$1.01** per pound, the cost of all displayed nutrients is **\$1.17**
Net nutrition per dollar is **527**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11459

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 30 grams**

Splemda sweetener

Carbohydrates 10%

Fiber	0%
Sugars, total	44%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	0
Net Food Score	-39

Unhealthy Score 40

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

Health Costs

At **\$21.85** per pound, the cost of all displayed nutrients is **\$1.46**
Net nutrition per dollar is **-27**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19868 Food Group Code 1900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

Split peas

Carbohydrates 6%

Fiber	25%
Sugars, total	4%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	6%
Methionine*	2%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	5%
Vitamin B-6	2%
Folate	20%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	1%
Copper	13%
Iron	7%
Magnesium	7%
Manganese	18%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	82
Mineral Score	157
Protein Score	261
Fiber Score	318

Total Nutrients Score	176
Net Food Score	172

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	25%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2688**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16085 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.8 ounces or 476 grams**

Sprouted mung beans, cooked

Carbohydrates 7%

Fiber	13%
Sugars, total	25%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	8%
Isoleucine*	11%
Leucine*	6%
Lysine*	7%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	11%
Valine*	8%

Vitamins

Vitamin A	1%
Thiamin (B-1)	12%
Riboflavin (B-2)	17%
Niacin (B-3)	18%
Pantothenic acid	12%
Vitamin B-6	11%
Folate	35%
Vitamin B-12	0%
Vitamin C	60%
Vitamin D	
Vitamin E	2%
Vitamin K	36%

Minerals

Calcium	4%
Copper	29%
Iron	17%
Magnesium	13%
Manganese	29%
Phosphorus	7%
Potassium	12%
Selenium	4%
Sodium	2%
Zinc	15%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	355
Mineral Score	316
Protein Score	339
Fiber Score	162

Total Nutrients Score	380
Net Food Score	356

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	24%
Fats	4%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$5.24**
Net nutrition per dollar is **68**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11044 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.9 ounces or 82 grams**

Sprouted soybeans

Carbohydrates 3%

Fiber	3%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	9%
Isoleucine*	11%
Leucine*	8%
Lysine*	7%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	9%
Tryptophan*	11%
Valine*	9%

Vitamins

Vitamin A	0%
Thiamin (B-1)	14%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	6%
Folate	35%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	4%
Copper	18%
Iron	10%
Magnesium	12%
Manganese	25%
Phosphorus	7%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	69%
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Food Evaluation

Vitamin Score	148
Mineral Score	222
Protein Score	398
Fiber Score	38

Total Nutrients Score	247
Net Food Score	243

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	28%
Proteins	26%
Fats	46%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.54**
Net nutrition per dollar is **449**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11452 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 51 grams**

Sprouted wheat

Carbohydrates 8%

Fiber	2%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	7%
Pantothenic acid	5%
Vitamin B-6	6%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	7%
Iron	6%
Magnesium	8%
Manganese	41%
Phosphorus	5%
Potassium	2%
Selenium	31%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	48%
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Food Evaluation

Vitamin Score	56
Mineral Score	257
Protein Score	139
Fiber Score	24

Total Nutrients Score	154
Net Food Score	153

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	14%
Fats	5%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.44**
Net nutrition per dollar is **345**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20087 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.3 ounces or 93 grams**

Stewed prunes

Carbohydrates 10%

Fiber	10%
Sugars, total	42%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	0%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	8%

Minerals

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	62
Mineral Score	68
Protein Score	4
Fiber Score	123

Total Nutrients Score	67
Net Food Score	29

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	96%
Proteins	3%
Fats	1%

Health Costs

At \$4.52 per pound, the cost of all displayed nutrients is \$1.10
Net nutrition per dollar is 26
85% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09292 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Strawberries

Carbohydrates 9%

Fiber	21%
Sugars, total	28%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	19%
Vitamin B-12	0%
Vitamin C	204%
Vitamin D	
Vitamin E	6%
Vitamin K	2%

Minerals

Calcium	4%
Copper	8%
Iron	7%
Magnesium	8%
Manganese	52%
Phosphorus	4%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	261
Mineral Score	241
Protein Score	57
Fiber Score	266

Total Nutrients Score	254
Net Food Score	228

Unhealthy Score 25

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	85%
Proteins	7%
Fats	8%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$2.92**
Net nutrition per dollar is **78**
94% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09316 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.6 ounces or 103 grams**

Striped bass

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	27%
Monounsaturated	3%
Polyunsaturated	4%
Omega-3 fats	49%
Omega-6 fats	0%

Proteins 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	16%
Lysine*	19%
Methionine*	12%
Cystine	4%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	17%
Tryptophan*	17%
Valine*	17%

Vitamins

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	10%
Pantothenic acid	8%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	66%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	5%
Magnesium	8%
Manganese	1%
Phosphorus	10%
Potassium	7%
Selenium	54%
Sodium	3%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 186
Mineral Score 218
Protein Score 756
Fiber Score 0

Total Nutrients Score 420
Net Food Score 391

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 78%
Fats 22%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.36
Net nutrition per dollar is 287
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15004 Food Group Code 1500

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams

Sugar, granulated

Carbohydrates 9%

Fiber	0%
Sugars, total	47%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score 0
 Mineral Score 1
 Protein Score 0
 Fiber Score 0

Total Nutrients Score 0
Net Food Score -42

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 100%
 Proteins 0%
 Fats 0%

Health Costs

At **\$0.89** per pound, the cost of all displayed nutrients is **\$0.05**
 Net nutrition per dollar is **-821**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19335 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Summer squash

Carbohydrates 8%

Fiber	23%
Sugars, total	25%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	25%
Thiamin (B-1)	15%
Riboflavin (B-2)	32%
Niacin (B-3)	14%
Pantothenic acid	10%
Vitamin B-6	57%
Folate	45%
Vitamin B-12	0%
Vitamin C	118%
Vitamin D	
Vitamin E	5%
Vitamin K	6%

Minerals

Calcium	7%
Copper	16%
Iron	12%
Magnesium	21%
Manganese	48%
Phosphorus	12%
Potassium	41%
Selenium	2%
Sodium	1%
Zinc	12%

Other Nutrients

Beta-carotene	15%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	538
Mineral Score	413
Protein Score	230
Fiber Score	293

Total Nutrients Score	497
Net Food Score	472

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	18%
Fats	9%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$2.16**
Net nutrition per dollar is **219**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11641

Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 39 grams

Sun-dried tomatoes

Carbohydrates 8%

Fiber	16%
Sugars, total	26%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	7%
Thiamin (B-1)	10%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	7%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	0%
Vitamin K	6%

Minerals

Calcium	3%
Copper	28%
Iron	20%
Magnesium	15%
Manganese	31%
Phosphorus	7%
Potassium	33%
Selenium	3%
Sodium	35%
Zinc	5%

Other Nutrients

Beta-carotene	4%
Lycopene	79%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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Food Evaluation

Vitamin Score	143
Mineral Score	351
Protein Score	130
Fiber Score	203

Total Nutrients Score	245
Net Food Score	189

Unhealthy Score 56

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	77%
Proteins	13%
Fats	10%

Health Costs

At **\$17.87** per pound, the cost of all displayed nutrients is **\$1.53**
 Net nutrition per dollar is **124**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11955 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Sunflower oil, linoleic

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	23%
Polyunsaturated	21%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	31%
Vitamin K	0%

Minerals

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	54
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	49
Net Food Score	43

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.17**
Net nutrition per dollar is **248**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04060 Food Group Code 0400

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams

Sunflower oil, oleic

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	43%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	31%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	54
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	66
Net Food Score	61

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.10**
 Net nutrition per dollar is **614**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04584 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.6 ounces or 18 grams**

Sunflower seed kernels

Carbohydrates 1%

Fiber	6%
Sugars, total	1%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	4%
Isoleucine*	5%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	20%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	12%
Vitamin B-6	6%
Folate	10%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	40%
Vitamin K	0%

Minerals

Calcium	1%
Copper	15%
Iron	7%
Magnesium	12%
Manganese	15%
Phosphorus	6%
Potassium	3%
Selenium	15%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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Food Evaluation

Vitamin Score	163
Mineral Score	197
Protein Score	163
Fiber Score	78

Total Nutrients Score	202
Net Food Score	197

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	13%
Proteins	14%
Fats	73%

Health Costs

At **\$3.51** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **784**
54% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12036 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 18.6 ounces or 526 grams**

Swamp cabbage

Carbohydrates 6%

Fiber	37%
Sugars, total	

Fats Name

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	8%
Isoleucine*	13%
Leucine*	8%
Lysine*	6%
Methionine*	5%
Cystine	3%
Phenylalanine*	8%
Tyrosine	5%
Threonine*	16%
Tryptophan*	
Valine*	13%

Vitamins

Vitamin A	663%
Thiamin (B-1)	8%
Riboflavin (B-2)	19%
Niacin (B-3)	22%
Pantothenic acid	7%
Vitamin B-6	21%
Folate	75%
Vitamin B-12	0%
Vitamin C	322%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	29%
Copper	6%
Iron	49%
Magnesium	75%
Manganese	37%
Phosphorus	10%
Potassium	41%
Selenium	7%
Sodium	26%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	613
Mineral Score	630
Protein Score	433
Fiber Score	470

Total Nutrients Score	669
Net Food Score	646

Unhealthy Score 23

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	58%
Proteins	33%
Fats	9%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$2.25**
Net nutrition per dollar is **288**
77% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11503 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 116 grams**

Sweet potato

Carbohydrates 9%

Fiber	12%
Sugars, total	9%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	330%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	9%
Vitamin B-6	10%
Folate	3%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	2%
Copper	9%
Iron	4%
Magnesium	6%
Manganese	13%
Phosphorus	3%
Potassium	10%
Selenium	1%
Sodium	3%
Zinc	2%

Other Nutrients

Beta-carotene	198%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	77%
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Food Evaluation

Vitamin Score	242
Mineral Score	121
Protein Score	77
Fiber Score	148

Total Nutrients Score	195
Net Food Score	184

Unhealthy Score 11

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	94%
Proteins	5%
Fats	0%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.35**
Net nutrition per dollar is **523**
72% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11507 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.6 ounces or 159 grams**

Sweet red cherries

Carbohydrates 9%

Fiber	11%
Sugars, total	37%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	3%
Manganese	5%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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Food Evaluation

Vitamin Score	51
Mineral Score	70
Protein Score	36
Fiber Score	142

Total Nutrients Score	70
Net Food Score	36

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	92%
Proteins	6%
Fats	3%

Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$2.33**
Net nutrition per dollar is **16**
90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09070 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.1 ounces or 116 grams**

Sweet yellow corn

Carbohydrates 8%

Fiber	10%
Sugars, total	7%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	4%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	2%
Valine*	4%

Vitamins

Vitamin A	5%
Thiamin (B-1)	12%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	9%
Vitamin B-6	3%
Folate	13%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	0%
Copper	3%
Iron	3%
Magnesium	9%
Manganese	8%
Phosphorus	5%
Potassium	8%
Selenium	1%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score	109
Mineral Score	99
Protein Score	140
Fiber Score	134

Total Nutrients Score	132
Net Food Score	124

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	9%
Fats	12%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$1.42**
Net nutrition per dollar is **88**
36% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11167 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 18.6 ounces or 526 grams**

Swiss chard

Carbohydrates 7%

Fiber	28%
Sugars, total	11%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	18%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	
Phenylalanine*	7%
Tyrosine	
Threonine*	9%
Tryptophan*	7%
Valine*	10%

Vitamins

Vitamin A	644%
Thiamin (B-1)	11%
Riboflavin (B-2)	17%
Niacin (B-3)	10%
Pantothenic acid	9%
Vitamin B-6	22%
Folate	18%
Vitamin B-12	0%
Vitamin C	175%
Vitamin D	
Vitamin E	66%
Vitamin K	1456%

Minerals

Calcium	19%
Copper	47%
Iron	53%
Magnesium	85%
Manganese	84%
Phosphorus	12%
Potassium	50%
Selenium	7%
Sodium	49%
Zinc	13%

Other Nutrients

Beta-carotene	384%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	789
Mineral Score	896
Protein Score	361
Fiber Score	358

Total Nutrients Score	836
Net Food Score	782

Unhealthy Score 54

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	69%
Proteins	23%
Fats	9%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.25**
Net nutrition per dollar is **626**
92% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11147 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.9 ounces or 26 grams**

Swiss cheese

Carbohydrates 1%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	25%
Trans fats	
Cholesterol	8%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	9%
Isoleucine*	9%
Leucine*	8%
Lysine*	8%
Methionine*	5%
Cystine	2%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	6%
Tryptophan*	9%
Valine*	10%

Vitamins

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	3%
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	15%
Copper	1%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	7%
Sodium	2%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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Food Evaluation

Vitamin Score	51
Mineral Score	98
Protein Score	362
Fiber Score	0

Total Nutrients Score	144
Net Food Score	112

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	5%
Proteins	30%
Fats	64%

Health Costs

At \$2.29 per pound, the cost of all displayed nutrients is \$0.13
Net nutrition per dollar is 840
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01040 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.9 ounces or 83 grams**

Swordfish

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	11%
Monounsaturated	6%
Polyunsaturated	3%
Omega-3 fats	33%
Omega-6 fats	0%

Proteins 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	36%
Pantothenic acid	3%
Vitamin B-6	11%
Folate	0%
Vitamin B-12	24%
Vitamin C	1%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	0%
Copper	5%
Iron	4%
Magnesium	4%
Manganese	1%
Phosphorus	11%
Potassium	6%
Selenium	57%
Sodium	3%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score 150
Mineral Score 229
Protein Score 677
Fiber Score 0

Total Nutrients Score 364
Net Food Score 347

Unhealthy Score 17

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 70%
Fats 30%

Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.27
Net nutrition per dollar is 273
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15110 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.7 ounces or 189 grams**

Tangerines, mandarin oranges

Carbohydrates 9%

Fiber	11%
Sugars, total	36%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

Vitamins

Vitamin A	26%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	8%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

Minerals

Calcium	5%
Copper	4%
Iron	2%
Magnesium	5%
Manganese	3%
Phosphorus	2%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	197
Mineral Score	71
Protein Score	30
Fiber Score	145

Total Nutrients Score	144
Net Food Score	111

Unhealthy Score 33

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	90%
Proteins	5%
Fats	5%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.56**
Net nutrition per dollar is **199**
74% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09218 Food Group Code 0900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 52 grams**

Tempeh

Carbohydrates 2%

Fiber	
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	8%
Isoleucine*	10%
Leucine*	8%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	9%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	7%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	4%
Copper	15%
Iron	8%
Magnesium	8%
Manganese	29%
Phosphorus	7%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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Food Evaluation

Vitamin Score 43
Mineral Score 195
Protein Score 352
Fiber Score

Total Nutrients Score 172
Net Food Score 167

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 20%
Proteins 33%
Fats 47%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.68
Net nutrition per dollar is 244
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16114 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 36 grams**

Thyme, dried

Carbohydrates 8%

Fiber	45%
Sugars, total	1%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	4%
Leucine*	2%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	2%
Tryptophan*	6%
Valine*	3%

Vitamins

Vitamin A	28%
Thiamin (B-1)	9%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	8%
Folate	25%
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	18%
Vitamin K	207%

Minerals

Calcium	49%
Copper	16%
Iron	249%
Magnesium	16%
Manganese	124%
Phosphorus	4%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	15%

Other Nutrients

Beta-carotene	16%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	386
Mineral Score	749
Protein Score	89
Fiber Score	570

Total Nutrients Score	534
Net Food Score	527

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	69%
Proteins	8%
Fats	23%

Health Costs

At **\$120.65** per pound, the cost of all displayed nutrients is **\$9.64**
Net nutrition per dollar is **55**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02042 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.5 ounces or 99 grams**

Thyme, fresh

Carbohydrates 9%

Fiber	46%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	6%
Leucine*	3%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	3%
Tryptophan*	9%
Valine*	5%

Vitamins

Vitamin A	94%
Thiamin (B-1)	2%
Riboflavin (B-2)	17%
Niacin (B-3)	8%
Pantothenic acid	4%
Vitamin B-6	14%
Folate	11%
Vitamin B-12	0%
Vitamin C	176%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	29%
Copper	27%
Iron	96%
Magnesium	32%
Manganese	74%
Phosphorus	5%
Potassium	15%
Selenium	
Sodium	0%
Zinc	12%

Other Nutrients

Beta-carotene	56%
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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Food Evaluation

Vitamin Score	438
Mineral Score	704
Protein Score	149
Fiber Score	590

Total Nutrients Score	556
Net Food Score	554

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	13%
Fats	14%

Health Costs

At **\$42.45** per pound, the cost of all displayed nutrients is **\$13.63**
Net nutrition per dollar is **41**
68% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02049

Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.7 ounces or 104 grams**

Tilefish

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	32%
Omega-6 fats	0%

Proteins 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	15%
Lysine*	19%
Methionine*	12%
Cystine	4%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	17%
Tryptophan*	17%
Valine*	17%

Vitamins

Vitamin A	1%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	11%
Folate	4%
Vitamin B-12	38%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	2%
Iron	1%
Magnesium	6%
Manganese	0%
Phosphorus	10%
Potassium	11%
Selenium	54%
Sodium	2%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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Food Evaluation

Vitamin Score 154
Mineral Score 218
Protein Score 754
Fiber Score 0

Total Nutrients Score 374
Net Food Score 354

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 78%
Fats 22%

Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.61
Net nutrition per dollar is 221
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15112 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.0 ounces or 86 grams**

Tofu

Carbohydrates 2%

Fiber	
Sugars, total	

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	18%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	7%
Isoleucine*	8%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	9%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	6%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	16%
Iron	9%
Magnesium	9%
Manganese	44%
Phosphorus	3%
Potassium	2%
Selenium	21%
Sodium	108%
Zinc	9%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	39
Mineral Score	283
Protein Score	284
Fiber Score	

Total Nutrients Score	189
Net Food Score	94

Unhealthy Score 94

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	18%
Proteins	24%
Fats	58%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.38**
Net nutrition per dollar is **249**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16132 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.9 ounces or 110 grams**

Tofu, extra firm

Carbohydrates 1%

Fiber	1%
Sugars, total	1%

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	22%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 11%

Histidine*	10%
Isoleucine*	12%
Leucine*	9%
Lysine*	8%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	9%
Tryptophan*	14%
Valine*	10%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	14%
Copper	10%
Iron	11%
Magnesium	12%
Manganese	36%
Phosphorus	7%
Potassium	4%
Selenium	20%
Sodium	0%
Zinc	8%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	81%
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Food Evaluation

Vitamin Score	33
Mineral Score	298
Protein Score	440
Fiber Score	19

Total Nutrients Score	238
Net Food Score	234

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	9%
Proteins	38%
Fats	53%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.48**
Net nutrition per dollar is **485**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16159

Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.0 ounces or 143 grams**

Tofu, firm

Carbohydrates 1%

Fiber	4%
Sugars, total	2%

Fats Name

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	10%
Isoleucine*	15%
Leucine*	11%
Lysine*	7%
Methionine*	4%
Cystine	1%
Phenylalanine*	8%
Tyrosine	6%
Threonine*	12%
Tryptophan*	14%
Valine*	12%

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	7%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	21%
Copper	15%
Iron	13%
Magnesium	11%
Manganese	39%
Phosphorus	9%
Potassium	5%
Selenium	20%
Sodium	1%
Zinc	8%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	39
Mineral Score	340
Protein Score	489
Fiber Score	55

Total Nutrients Score	256
Net Food Score	248

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	10%
Proteins	40%
Fats	50%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.63**
Net nutrition per dollar is **396**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16126 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 37 grams**

Tofu, fried

Carbohydrates 1%

Fiber	5%
Sugars, total	2%

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	19%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	8%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

Minerals

Calcium	10%
Copper	7%
Iron	10%
Magnesium	4%
Manganese	24%
Phosphorus	5%
Potassium	1%
Selenium	15%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	51%
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Food Evaluation

Vitamin Score	17
Mineral Score	199
Protein Score	257
Fiber Score	61

Total Nutrients Score	146
Net Food Score	139

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	16%
Proteins	22%
Fats	62%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.32**
Net nutrition per dollar is **427**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16129 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Tomatillos

Carbohydrates 7%

Fiber	20%
Sugars, total	22%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	7%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	26%
Pantothenic acid	5%
Vitamin B-6	7%
Folate	5%
Vitamin B-12	0%
Vitamin C	41%
Vitamin D	
Vitamin E	8%
Vitamin K	10%

Minerals

Calcium	2%
Copper	12%
Iron	11%
Magnesium	13%
Manganese	21%
Phosphorus	6%
Potassium	21%
Selenium	2%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	210
Mineral Score	223
Protein Score	13
Fiber Score	253

Total Nutrients Score	212
Net Food Score	190

Unhealthy Score 22

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	66%
Proteins	7%
Fats	27%

Health Costs

At **\$1.88** per pound, the cost of all displayed nutrients is
Net nutrition per dollar is
of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11954 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 20.7 ounces or 588 grams**

Tomato juice

Carbohydrates 9%

Fiber	8%
Sugars, total	38%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	53%
Thiamin (B-1)	14%
Riboflavin (B-2)	7%
Niacin (B-3)	18%
Pantothenic acid	15%
Vitamin B-6	27%
Folate	29%
Vitamin B-12	0%
Vitamin C	120%
Vitamin D	
Vitamin E	13%
Vitamin K	5%

Minerals

Calcium	4%
Copper	18%
Iron	14%
Magnesium	13%
Manganese	18%
Phosphorus	5%
Potassium	34%
Selenium	3%
Sodium	3%
Zinc	6%

Other Nutrients

Beta-carotene	32%
Lycopene	266%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	488
Mineral Score	278
Protein Score	90
Fiber Score	100

Total Nutrients Score	378
Net Food Score	342

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	11%
Fats	2%

Health Costs

At **\$0.87** per pound, the cost of all displayed nutrients is **\$1.13**
Net nutrition per dollar is **303**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11886 Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.3 ounces or 122 grams

Tomato paste

Carbohydrates 8%

Fiber	17%
Sugars, total	27%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	37%
Thiamin (B-1)	4%
Riboflavin (B-2)	7%
Niacin (B-3)	17%
Pantothenic acid	2%
Vitamin B-6	11%
Folate	4%
Vitamin B-12	0%
Vitamin C	30%
Vitamin D	
Vitamin E	35%
Vitamin K	5%

Minerals

Calcium	3%
Copper	22%
Iron	20%
Magnesium	10%
Manganese	16%
Phosphorus	5%
Potassium	31%
Selenium	9%
Sodium	42%
Zinc	5%

Other Nutrients

Beta-carotene	22%
Lycopene	175%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	262
Mineral Score	296
Protein Score	101
Fiber Score	213

Total Nutrients Score	280
Net Food Score	217

Unhealthy Score 62

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	13%
Fats	5%

Health Costs

At **\$1.07** per pound, the cost of all displayed nutrients is **\$0.29**
 Net nutrition per dollar is **756**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11887 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.9 ounces or 167 grams**

Tomato soup

Carbohydrates 8%

Fiber	7%
Sugars, total	25%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	13%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	1%
Vitamin B-6	6%
Folate	0%
Vitamin B-12	0%
Vitamin C	24%
Vitamin D	
Vitamin E	4%
Vitamin K	2%

Minerals

Calcium	2%
Copper	13%
Iron	10%
Magnesium	5%
Manganese	9%
Phosphorus	2%
Potassium	10%
Selenium	12%
Sodium	40%
Zinc	3%

Other Nutrients

Beta-carotene	8%
Lycopene	91%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	112
Mineral Score	158
Protein Score	73
Fiber Score	85

Total Nutrients Score	139
Net Food Score	79

Unhealthy Score 60

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	7%
Fats	8%

Health Costs

At **\$1.12** per pound, the cost of all displayed nutrients is **\$0.41**
Net nutrition per dollar is **192**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 20.7 ounces or 588 grams

Tomatoes, canned

Carbohydrates 9%

Fiber	20%
Sugars, total	25%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	14%
Thiamin (B-1)	13%
Riboflavin (B-2)	12%
Niacin (B-3)	19%
Pantothenic acid	7%
Vitamin B-6	27%
Folate	12%
Vitamin B-12	0%
Vitamin C	61%
Vitamin D	
Vitamin E	27%
Vitamin K	5%

Minerals

Calcium	13%
Copper	20%
Iron	32%
Magnesium	13%
Manganese	20%
Phosphorus	6%
Potassium	28%
Selenium	1%
Sodium	37%
Zinc	5%

Other Nutrients

Beta-carotene	8%
Lycopene	79%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	343
Mineral Score	333
Protein Score	20
Fiber Score	250

Total Nutrients Score	321
Net Food Score	265

Unhealthy Score 56

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	11%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.28**
 Net nutrition per dollar is **206**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11531

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 19.6 ounces or 556 grams**

Tomatoes, ripe

Carbohydrates 8%

Fiber	22%
Sugars, total	27%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	5%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	93%
Thiamin (B-1)	10%
Riboflavin (B-2)	4%
Niacin (B-3)	15%
Pantothenic acid	5%
Vitamin B-6	19%
Folate	21%
Vitamin B-12	0%
Vitamin C	78%
Vitamin D	
Vitamin E	20%
Vitamin K	15%

Minerals

Calcium	4%
Copper	16%
Iron	8%
Magnesium	12%
Manganese	28%
Phosphorus	7%
Potassium	33%
Selenium	0%
Sodium	1%
Zinc	6%

Other Nutrients

Beta-carotene	50%
Lycopene	71%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	487
Mineral Score	277
Protein Score	122
Fiber Score	284

Total Nutrients Score	398
Net Food Score	372

Unhealthy Score 26

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	79%
Proteins	12%
Fats	9%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$2.68**
Net nutrition per dollar is **139**
91% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11529 Food Group Code 1100

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 44 grams

Top loin pork roast

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	10%
Trans fats	
Cholesterol	12%
Monounsaturated	11%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 13%

Histidine*	16%
Isoleucine*	14%
Leucine*	11%
Lysine*	13%
Methionine*	8%
Cystine	4%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	12%
Tryptophan*	13%
Valine*	12%

Vitamins

Vitamin A	0%
Thiamin (B-1)	14%
Riboflavin (B-2)	5%
Niacin (B-3)	10%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	0%
Iron	2%
Magnesium	2%
Manganese	0%
Phosphorus	5%
Potassium	4%
Selenium	29%
Sodium	1%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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Food Evaluation

Vitamin Score	75
Mineral Score	118
Protein Score	557
Fiber Score	0

Total Nutrients Score	206
Net Food Score	186

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	54%
Fats	46%

Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$0.53**
 Net nutrition per dollar is **351**
92% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10065 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 22 grams**

Trail mix, regular

Carbohydrates 4%

Fiber	
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	11%
Iron	4%
Magnesium	7%
Manganese	10%
Phosphorus	4%
Potassium	4%
Selenium	
Sodium	2%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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Food Evaluation

Vitamin Score 35
Mineral Score 107
Protein Score 105
Fiber Score

Total Nutrients Score	90
Net Food Score	82

Unhealthy Score 8

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 36%
Proteins 10%
Fats 54%

Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.09
Net nutrition per dollar is 867
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19059 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.4 ounces or 67 grams**

Trout

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	15%
Monounsaturated	5%
Polyunsaturated	6%
Omega-3 fats	41%
Omega-6 fats	0%

Proteins 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	13%
Lysine*	16%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

Vitamins

Vitamin A	1%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	17%
Pantothenic acid	7%
Vitamin B-6	10%
Folate	3%
Vitamin B-12	70%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	4%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	9%
Potassium	7%
Selenium	13%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score 204
Mineral Score 105
Protein Score 632
Fiber Score 0

Total Nutrients Score 352
Net Food Score 331

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 65%
Fats 35%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.88
Net nutrition per dollar is 376
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15116 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 51 grams**

Tuna, canned in oil

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	4%
Trans fats	
Cholesterol	3%
Monounsaturated	7%
Polyunsaturated	7%
Omega-3 fats	4%
Omega-6 fats	0%

Proteins 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	12%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	13%
Valine*	14%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	28%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	19%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	4%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	3%
Selenium	55%
Sodium	1%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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Food Evaluation

Vitamin Score 97
Mineral Score 189
Protein Score 608
Fiber Score 0

Total Nutrients Score 258
Net Food Score 250

Unhealthy Score 7

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 63%
Fats 37%

Health Costs

At \$2.40 per pound, the cost of all displayed nutrients is \$0.27
Net nutrition per dollar is 936
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15183 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.0 ounces or 86 grams**

Tuna, canned in water

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	9%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

Proteins 22%

Histidine*	21%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	52%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	1%
Vitamin B-12	43%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	2%
Iron	7%
Magnesium	5%
Manganese	0%
Phosphorus	7%
Potassium	5%
Selenium	99%
Sodium	2%
Zinc	4%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score	200
Mineral Score	318
Protein Score	910
Fiber Score	0

Total Nutrients Score	434
Net Food Score	423

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	94%
Fats	6%

Health Costs

At \$2.40 per pound, the cost of all displayed nutrients is \$0.46
Net nutrition per dollar is 928
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15184 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.4 ounces or 69 grams**

Turkey leg, meat and skin

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	8%
Trans fats	
Cholesterol	16%
Monounsaturated	7%
Polyunsaturated	6%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 14%

Histidine*	13%
Isoleucine*	16%
Leucine*	11%
Lysine*	14%
Methionine*	9%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	13%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	8%
Vitamin B-6	10%
Folate	2%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	5%
Iron	7%
Magnesium	3%
Manganese	1%
Phosphorus	6%
Potassium	5%
Selenium	26%
Sodium	2%
Zinc	14%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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Food Evaluation

Vitamin Score 71
Mineral Score 163
Protein Score 573
Fiber Score 0

Total Nutrients Score 224
Net Food Score 200

Unhealthy Score 24

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 58%
Fats 42%

Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.18
Net nutrition per dollar is 1098
83% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05193 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.7 ounces or 48 grams**

Turkey wings

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	9%
Trans fats	
Cholesterol	10%
Monounsaturated	12%
Polyunsaturated	7%
Omega-3 fats	1%
Omega-6 fats	0%

Proteins 9%

Histidine*	9%
Isoleucine*	11%
Leucine*	8%
Lysine*	9%
Methionine*	6%
Cystine	3%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	9%
Tryptophan*	8%
Valine*	9%

Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	8%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	2%
Iron	4%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	15%
Sodium	1%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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Food Evaluation

Vitamin Score 47
Mineral Score 84
Protein Score 387
Fiber Score 0

Total Nutrients Score 146
Net Food Score 128

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 40%
Fats 60%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.30**
Net nutrition per dollar is **422**
69% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05251 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.8 ounces or 80 grams**

Turkey, dark meat

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	6%
Trans fats	
Cholesterol	18%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	3%
Omega-6 fats	0%

Proteins 16%

Histidine*	16%
Isoleucine*	19%
Leucine*	13%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	8%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	12%
Folate	2%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	6%
Iron	8%
Magnesium	4%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	33%
Sodium	3%
Zinc	17%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	86	Total Nutrients Score 266	Caloric Content
Mineral Score	199		
Protein Score	686		
Fiber Score	0		
		Net Food Score 241	Carbohydrates 0%
		Unhealthy Score 25	Proteins 68%
			Fats 32%

SCORES are based on 1000 as the maximum

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.27**

Net nutrition per dollar is **885**

64% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.1 ounces or 87 grams**

Turkey, light meat

Carbohydrates 0%

Fiber	0%
Sugars, total	

Fats Name

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 20%

Histidine*	20%
Isoleucine*	24%
Leucine*	17%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	10%
Threonine*	19%
Tryptophan*	19%
Valine*	20%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	23%
Pantothenic acid	6%
Vitamin B-6	20%
Folate	2%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	3%
Iron	6%
Magnesium	5%
Manganese	1%
Phosphorus	9%
Potassium	7%
Selenium	30%
Sodium	2%
Zinc	9%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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Food Evaluation

Vitamin Score	112
Mineral Score	171
Protein Score	875
Fiber Score	0

Total Nutrients Score	304
Net Food Score	284

Unhealthy Score 20

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	88%
Fats	12%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.81**
Net nutrition per dollar is **352**
71% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05185 Food Group Code 0500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.0 ounces or 313 grams**

Turnip greens

Carbohydrates 8%

Fiber	33%
Sugars, total	5%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	724%
Thiamin (B-1)	11%
Riboflavin (B-2)	11%
Niacin (B-3)	9%
Pantothenic acid	12%
Vitamin B-6	34%
Folate	152%
Vitamin B-12	0%
Vitamin C	208%
Vitamin D	
Vitamin E	60%
Vitamin K	261%

Minerals

Calcium	42%
Copper	55%
Iron	19%
Magnesium	19%
Manganese	63%
Phosphorus	7%
Potassium	23%
Selenium	5%
Sodium	5%
Zinc	4%

Other Nutrients

Beta-carotene	435%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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Food Evaluation

Vitamin Score	936
Mineral Score	577
Protein Score	214
Fiber Score	426

Total Nutrients Score	767
Net Food Score	757

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	80%
Proteins	12%
Fats	8%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.97**
Net nutrition per dollar is **777**
70% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11568 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 12.6 ounces or 357 grams**

Turnips

Carbohydrates 8%

Fiber	21%
Sugars, total	25%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	7%
Vitamin B-6	13%
Folate	13%
Vitamin B-12	0%
Vitamin C	83%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	8%
Copper	15%
Iron	6%
Magnesium	8%
Manganese	21%
Phosphorus	5%
Potassium	17%
Selenium	4%
Sodium	10%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	236
Mineral Score	217
Protein Score	85
Fiber Score	274

Total Nutrients Score	238
Net Food Score	206

Unhealthy Score 32

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	88%
Proteins	9%
Fats	3%

Health Costs

At **\$1.39** per pound, the cost of all displayed nutrients is **\$1.35**
Net nutrition per dollar is **153**
81% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11564 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 35 grams**

Vanilla extract

Carbohydrates 2%

Fiber	0%
Sugars, total	8%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	3%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	40%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	53%
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Food Evaluation

Vitamin Score	4	Total Nutrients Score	9	Caloric Content	Carbohydrates	99%
Mineral Score	19				Proteins	0%
Protein Score	0	Net Food Score	-34	Fats	1%	
Fiber Score	0			Unhealthy Score	43	

SCORES are based on 1000 as the maximum

Health Costs

At **\$55.84** per pound, the cost of all displayed nutrients is **\$4.27**

Net nutrition per dollar is **-8**

100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.3 ounces or 179 grams**

Vanilla extract, imitation

Carbohydrates 9%

Fiber	0%
Sugars, total	47%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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Food Evaluation

Vitamin Score 7
Mineral Score 4
Protein Score 0
Fiber Score 0

Total Nutrients Score	5
Net Food Score	-37

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 100%
Proteins 0%
Fats 0%

Health Costs

At **\$19.99** per pound, the cost of all displayed nutrients is **\$7.87**
Net nutrition per dollar is **-5**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02052 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.8 ounces or 24 grams**

Vanilla frosting

Carbohydrates 6%

Fiber	0%
Sugars, total	27%

Fats Name

Saturated	4%
Trans fats	0%
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	2%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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Food Evaluation

Vitamin Score 12
Mineral Score 2
Protein Score 0
Fiber Score 0

Total Nutrients Score	12
Net Food Score	-18

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 65%
Proteins 0%
Fats 35%

Health Costs

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.08**
Net nutrition per dollar is **-228**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19230 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.8 ounces or 50 grams**

Vanilla ice cream

Carbohydrates 4%

Fiber	1%
Sugars, total	19%

Fats Name

Saturated	18%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	5%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	1%
Sodium	2%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	61%
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Food Evaluation

Vitamin Score	33
Mineral Score	38
Protein Score	74
Fiber Score	15

Total Nutrients Score	53
Net Food Score	11

Unhealthy Score 42

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	46%
Proteins	7%
Fats	48%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.11**
Net nutrition per dollar is **104**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19095 Food Group Code 1900

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.5 ounces or 71 grams**

Veal liver

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	6%
Trans fats	3%
Cholesterol	80%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	1%
Omega-6 fats	5%

Proteins 14%

Histidine*	14%
Isoleucine*	16%
Leucine*	14%
Lysine*	13%
Methionine*	9%
Cystine	6%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	13%
Tryptophan*	16%
Valine*	16%

Vitamins

Vitamin A	558%
Thiamin (B-1)	6%
Riboflavin (B-2)	62%
Niacin (B-3)	34%
Pantothenic acid	43%
Vitamin B-6	28%
Folate	22%
Vitamin B-12	713%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	424%
Iron	25%
Magnesium	3%
Manganese	8%
Phosphorus	14%
Potassium	6%
Selenium	23%
Sodium	2%
Zinc	57%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	557%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	697
Mineral Score	572
Protein Score	651
Fiber Score	0

Total Nutrients Score	707
Net Food Score	626

Unhealthy Score 81

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	8%
Proteins	61%
Fats	31%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.63**
Net nutrition per dollar is **996**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 17202 Food Group Code 1700

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.6 ounces or 75 grams**

Veggie Dog

Carbohydrates 3%

Fiber	8%
Sugars, total	6%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 15%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	
Thiamin (B-1)	12%
Riboflavin (B-2)	5%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	2%
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	
Iron	6%
Magnesium	
Manganese	
Phosphorus	
Potassium	2%
Selenium	
Sodium	35%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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Food Evaluation

Vitamin Score	34
Mineral Score	35
Protein Score	64
Fiber Score	108

Total Nutrients Score	52
Net Food Score	15

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	33%
Proteins	59%
Fats	9%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.49**
Net nutrition per dollar is **30**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 22119 Food Group Code 2200

% of Daily Requirements from 100 Calories of
Amount for 100 calories is 4.0 ounces or 114 grams

Vinegar, balsamic

Carbohydrates 7%

Fiber	
Sugars, total	31%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	1%
Iron	5%
Magnesium	3%
Manganese	6%
Phosphorus	1%
Potassium	3%
Selenium	
Sodium	1%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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Food Evaluation

Vitamin Score 0
 Mineral Score 54
 Protein Score 2
 Fiber Score

Total Nutrients Score	20
Net Food Score	-8

Unhealthy Score 29

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates 97%
 Proteins 3%
 Fats 0%

Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$1.00
 Net nutrition per dollar is -8
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02069 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 18.6 ounces or 526 grams**

Vinegar, red wine

Carbohydrates 1%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	0%
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	3%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	2%
Copper	3%
Iron	13%
Magnesium	4%
Manganese	11%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	2%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	94%
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Food Evaluation

Vitamin Score	5
Mineral Score	100
Protein Score	1
Fiber Score	0

Total Nutrients Score	40
Net Food Score	38

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	87%
Proteins	13%
Fats	0%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$3.47**
Net nutrition per dollar is **11**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02068 Food Group Code 0200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.5 ounces or 15 grams**

Walnuts

Carbohydrates 1%

Fiber	3%
Sugars, total	1%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	33%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	1%
Copper	12%
Iron	2%
Magnesium	5%
Manganese	23%
Phosphorus	3%
Potassium	2%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score 23
Mineral Score 126
Protein Score 82
Fiber Score 44

Total Nutrients Score 84
Net Food Score 79

Unhealthy Score 5

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 9%
Proteins 8%
Fats 83%

Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$0.37
Net nutrition per dollar is 210
45% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12155 Food Group Code 1200

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 32.1 ounces or 909 grams**

Watercress

Carbohydrates 4%

Fiber	15%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 21%

Histidine*	12%
Isoleucine*	19%
Leucine*	16%
Lysine*	14%
Methionine*	4%
Cystine	1%
Phenylalanine*	13%
Tyrosine	7%
Threonine*	26%
Tryptophan*	22%
Valine*	22%

Vitamins

Vitamin A	855%
Thiamin (B-1)	41%
Riboflavin (B-2)	39%
Niacin (B-3)	8%
Pantothenic acid	28%
Vitamin B-6	49%
Folate	20%
Vitamin B-12	0%
Vitamin C	434%
Vitamin D	
Vitamin E	61%
Vitamin K	758%

Minerals

Calcium	78%
Copper	35%
Iron	10%
Magnesium	38%
Manganese	96%
Phosphorus	27%
Potassium	75%
Selenium	12%
Sodium	16%
Zinc	7%

Other Nutrients

Beta-carotene	513%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	953
Mineral Score	918
Protein Score	774
Fiber Score	193

Total Nutrients Score	1000
Net Food Score	981

Unhealthy Score 19

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	42%
Proteins	51%
Fats	8%

Health Costs

At **\$2.36** per pound, the cost of all displayed nutrients is **\$5.14**
Net nutrition per dollar is **191**
92% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11591

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.8 ounces or 333 grams**

Watermelon

Carbohydrates 9%

Fiber	4%
Sugars, total	38%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	2%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	2%
Tryptophan*	2%
Valine*	1%

Vitamins

Vitamin A	38%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	30%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	2%
Copper	7%
Iron	4%
Magnesium	7%
Manganese	6%
Phosphorus	2%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	20%
Lycopene	76%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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Food Evaluation

Vitamin Score	167
Mineral Score	98
Protein Score	59
Fiber Score	57

Total Nutrients Score	139
Net Food Score	105

Unhealthy Score 34

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	89%
Proteins	7%
Fats	4%

Health Costs

At **\$1.29** per pound, the cost of all displayed nutrients is **\$1.82**
Net nutrition per dollar is **58**
52% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09326 Food Group Code 0900

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

Wheat

Carbohydrates 8%

Fiber	12%
Sugars, total	0%

Fats

Name	
Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	1%
Copper	6%
Iron	9%
Magnesium	5%
Manganese	44%
Phosphorus	6%
Potassium	3%
Selenium	
Sodium	0%
Zinc	7%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	45
Mineral Score	195
Protein Score	14
Fiber Score	159

Total Nutrients Score	109
Net Food Score	109

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	84%
Proteins	11%
Fats	5%

Health Costs

At \$1.06 per pound, the cost of all displayed nutrients is \$0.07
 Net nutrition per dollar is 1582
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20075

Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.6 ounces or 46 grams**

Wheat bran, crude

Carbohydrates 11%

Fiber	66%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	11%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	10%
Niacin (B-3)	29%
Pantothenic acid	10%
Vitamin B-6	25%
Folate	9%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	2%
Copper	23%
Iron	27%
Magnesium	57%
Manganese	231%
Phosphorus	23%
Potassium	14%
Selenium	51%
Sodium	0%
Zinc	22%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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Food Evaluation

Vitamin Score	174
Mineral Score	777
Protein Score	263
Fiber Score	843

Total Nutrients Score	490
Net Food Score	488

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	70%
Proteins	13%
Fats	17%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.10**
Net nutrition per dollar is **4832**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20077

Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 0.4 ounces or 11 grams**

Wheat germ oil

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	32%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	113%
Vitamin K	1%

Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	14%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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Food Evaluation

Vitamin Score	176
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	97
Net Food Score	87

Unhealthy Score 10

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

Health Costs

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.25**
Net nutrition per dollar is **349**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04038 Food Group Code 0400

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Wheat germ, crude

Carbohydrates 5%

Fiber	12%
Sugars, total	

Fats Name

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	26%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	20%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	11%
Iron	10%
Magnesium	13%
Manganese	161%
Phosphorus	12%
Potassium	6%
Selenium	31%
Sodium	0%
Zinc	23%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	140
Mineral Score	502
Protein Score	249
Fiber Score	156

Total Nutrients Score	321
Net Food Score	318

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	54%
Proteins	23%
Fats	23%

Health Costs

At **\$1.95** per pound, the cost of all displayed nutrients is **\$0.12**
Net nutrition per dollar is **2666**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20078 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 27 grams**

Wheat gluten

Carbohydrates 1%

Fiber	1%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 20%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	3%
Copper	2%
Iron	8%
Magnesium	1%
Manganese	
Phosphorus	4%
Potassium	1%
Selenium	15%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	0
Mineral Score	86
Protein Score	89
Fiber Score	7

Total Nutrients Score	51
Net Food Score	50

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	15%
Proteins	81%
Fats	4%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **280**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 48052 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 14.7 ounces or 417 grams**

Whey, acid

Carbohydrates 8%

Fiber	0%
Sugars, total	39%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

Vitamins

Vitamin A	1%
Thiamin (B-1)	9%
Riboflavin (B-2)	21%
Niacin (B-3)	1%
Pantothenic acid	16%
Vitamin B-6	7%
Folate	2%
Vitamin B-12	13%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	31%
Copper	1%
Iron	2%
Magnesium	8%
Manganese	0%
Phosphorus	16%
Potassium	15%
Selenium	11%
Sodium	9%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	122
Mineral Score	232
Protein Score	138
Fiber Score	0

Total Nutrients Score	177
Net Food Score	132

Unhealthy Score 45

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	14%
Fats	3%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$3.67**
Net nutrition per dollar is **36**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01112 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 13.1 ounces or 370 grams**

Whey, sweet

Carbohydrates 7%

Fiber	0%
Sugars, total	35%

Fats Name

Saturated	5%
Trans fats	
Cholesterol	2%
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	4%
Tryptophan*	4%
Valine*	3%

Vitamins

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	21%
Niacin (B-3)	1%
Pantothenic acid	14%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	12%
Copper	1%
Iron	1%
Magnesium	6%
Manganese	0%
Phosphorus	9%
Potassium	15%
Selenium	10%
Sodium	9%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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Food Evaluation

Vitamin Score	117
Mineral Score	139
Protein Score	137
Fiber Score	0

Total Nutrients Score	141
Net Food Score	96

Unhealthy Score 45

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	14%
Fats	12%

Health Costs

At **\$3.99** per pound, the cost of all displayed nutrients is **\$3.26**
Net nutrition per dollar is **29**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01114 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Whey, sweet, dried

Carbohydrates 8%

Fiber	0%
Sugars, total	38%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	2%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	5%
Tryptophan*	5%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	22%
Niacin (B-3)	2%
Pantothenic acid	16%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	16%
Copper	1%
Iron	1%
Magnesium	10%
Manganese	0%
Phosphorus	13%
Potassium	15%
Selenium	11%
Sodium	13%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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Food Evaluation

Vitamin Score	117
Mineral Score	173
Protein Score	159
Fiber Score	0

Total Nutrients Score	157
Net Food Score	109

Unhealthy Score 48

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	82%
Proteins	16%
Fats	3%

Health Costs

At **\$12.65** per pound, the cost of all displayed nutrients is **\$0.79**
Net nutrition per dollar is **138**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01115 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 30 grams**

White beans

Carbohydrates 7%

Fiber	25%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	29%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	4%
Copper	9%
Iron	13%
Magnesium	11%
Manganese	17%
Phosphorus	7%
Potassium	11%
Selenium	5%
Sodium	0%
Zinc	6%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	12%
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Food Evaluation

Vitamin Score	90
Mineral Score	200
Protein Score	245
Fiber Score	315

Total Nutrients Score	192
Net Food Score	192

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	75%
Proteins	22%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2950**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16045 Food Group Code 1600

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.3 ounces or 38 grams**

White bread

Carbohydrates 7%

Fiber	3%
Sugars, total	3%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	16%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	4%
Copper	5%
Iron	8%
Magnesium	2%
Manganese	8%
Phosphorus	2%
Potassium	1%
Selenium	9%
Sodium	11%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
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Food Evaluation

Vitamin Score	69
Mineral Score	97
Protein Score	98
Fiber Score	38

Total Nutrients Score	95
Net Food Score	81

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	78%
Proteins	11%
Fats	11%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.08**
Net nutrition per dollar is **991**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18069 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 16.0 ounces or 455 grams**

White mushrooms

Carbohydrates 5%

Fiber	15%
Sugars, total	14%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	8%
Isoleucine*	8%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	10%
Tryptophan*	13%
Valine*	19%

Vitamins

Vitamin A	0%
Thiamin (B-1)	18%
Riboflavin (B-2)	65%
Niacin (B-3)	75%
Pantothenic acid	68%
Vitamin B-6	20%
Folate	18%
Vitamin B-12	3%
Vitamin C	11%
Vitamin D	20%
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	72%
Iron	13%
Magnesium	8%
Manganese	9%
Phosphorus	20%
Potassium	36%
Selenium	60%
Sodium	1%
Zinc	16%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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Food Evaluation

Vitamin Score	521
Mineral Score	571
Protein Score	417
Fiber Score	193

Total Nutrients Score	577
Net Food Score	563

Unhealthy Score 14

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	51%
Proteins	36%
Fats	13%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$3.09**
Net nutrition per dollar is **182**
97% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11260 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 34 grams

White pepper

Carbohydrates 8%

Fiber	30%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	6%
Copper	15%
Iron	27%
Magnesium	6%
Manganese	63%
Phosphorus	3%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	3%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	22
Mineral Score	305
Protein Score	15
Fiber Score	377

Total Nutrients Score	154
Net Food Score	153

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	88%
Proteins	6%
Fats	6%

Health Costs

At **\$50.19** per pound, the cost of all displayed nutrients is **\$3.74**
 Net nutrition per dollar is **41**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 2.9 ounces or 81 grams**

White rice, enriched

Carbohydrates 8%

Fiber	2%
Sugars, total	0%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	1%
Copper	3%
Iron	8%
Magnesium	1%
Manganese	13%
Phosphorus	2%
Potassium	1%
Selenium	11%
Sodium	0%
Zinc	2%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	93
Mineral Score	103
Protein Score	94
Fiber Score	31

Total Nutrients Score	107
Net Food Score	107

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	88%
Proteins	9%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **602**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20047 Food Group Code 2000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.0 ounces or 86 grams**

Whiting

Carbohydrates 0%

Fiber	0%
Sugars, total	0%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	24%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	29%
Omega-6 fats	0%

Proteins 20%

Histidine*	19%
Isoleucine*	21%
Leucine*	17%
Lysine*	21%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	19%
Tryptophan*	19%
Valine*	19%

Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	37%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	4%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	5%
Phosphorus	12%
Potassium	9%
Selenium	51%
Sodium	5%
Zinc	3%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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Food Evaluation

Vitamin Score 112
Mineral Score 224
Protein Score 837
Fiber Score 0

Total Nutrients Score	365
Net Food Score	337

Unhealthy Score 28

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 0%
Proteins 87%
Fats 13%

Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.14
Net nutrition per dollar is 296
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15133 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.9 ounces or 54 grams**

Whole duck egg

Carbohydrates 0%

Fiber	0%
Sugars, total	1%

Fats Name

Saturated	11%
Trans fats	
Cholesterol	159%
Monounsaturated	16%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	7%
Cystine	4%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	12%
Valine*	9%

Vitamins

Vitamin A	7%
Thiamin (B-1)	4%
Riboflavin (B-2)	8%
Niacin (B-3)	0%
Pantothenic acid	10%
Vitamin B-6	6%
Folate	11%
Vitamin B-12	49%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

Minerals

Calcium	2%
Copper	2%
Iron	12%
Magnesium	2%
Manganese	1%
Phosphorus	6%
Potassium	3%
Selenium	28%
Sodium	3%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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Food Evaluation

Vitamin Score	174
Mineral Score	147
Protein Score	352
Fiber Score	0

Total Nutrients Score	230
Net Food Score	127

Unhealthy Score 103

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	3%
Proteins	30%
Fats	67%

Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.40**
Net nutrition per dollar is **314**
88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01138 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.9 ounces or 167 grams**

Whole milk 3.25% fat

Carbohydrates 3%

Fiber	0%
Sugars, total	16%

Fats Name

Saturated	17%
Trans fats	
Cholesterol	6%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	3%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	10%
Valine*	6%

Vitamins

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	11%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	12%
Vitamin C	0%
Vitamin D	17%
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	13%
Copper	1%
Iron	0%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	9%
Sodium	3%
Zinc	4%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	103
Mineral Score	109
Protein Score	234
Fiber Score	0

Total Nutrients Score	147
Net Food Score	110

Unhealthy Score 37

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	30%
Proteins	21%
Fats	49%

Health Costs

At **\$0.36** per pound, the cost of all displayed nutrients is **\$0.13**
Net nutrition per dollar is **830**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 28 grams**

Whole wheat hard pretzels

Carbohydrates 8%

Fiber	7%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	4%
Iron	4%
Magnesium	2%
Manganese	32%
Phosphorus	2%
Potassium	3%
Selenium	
Sodium	2%
Zinc	1%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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Food Evaluation

Vitamin Score 46
Mineral Score 117
Protein Score 109
Fiber Score 91

Total Nutrients Score 97
Net Food Score 94

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content
Carbohydrates 83%
Proteins 11%
Fats 6%

Health Costs

At \$3.50 per pound, the cost of all displayed nutrients is \$0.21
Net nutrition per dollar is 440
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19050 Food Group Code 2500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.4 ounces or 40 grams**

Whole-wheat bread

Carbohydrates 6%

Fiber	9%
Sugars, total	4%

Fats Name

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

Minerals

Calcium	3%
Copper	8%
Iron	5%
Magnesium	7%
Manganese	38%
Phosphorus	4%
Potassium	3%
Selenium	23%
Sodium	8%
Zinc	5%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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Food Evaluation

Vitamin Score	57
Mineral Score	231
Protein Score	90
Fiber Score	117

Total Nutrients Score	144
Net Food Score	131

Unhealthy Score 13

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	67%
Proteins	21%
Fats	12%

Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.18**
Net nutrition per dollar is **739**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18075 Food Group Code 1800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 28 grams

Wild rice

Carbohydrates 8%

Fiber	6%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	3%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	7%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

Minerals

Calcium	0%
Copper	7%
Iron	3%
Magnesium	10%
Manganese	16%
Phosphorus	6%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	11%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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Food Evaluation

Vitamin Score	50
Mineral Score	141
Protein Score	158
Fiber Score	74

Total Nutrients Score	116
Net Food Score	114

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	83%
Proteins	15%
Fats	3%

Health Costs

At **\$3.29** per pound, the cost of all displayed nutrients is **\$0.20**
 Net nutrition per dollar is **563**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.2 ounces or 34 grams**

Wonton wrappers

Carbohydrates 7%

Fiber	2%
Sugars, total	

Fats Name

Saturated	0%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	12%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	1%
Copper	3%
Iron	6%
Magnesium	1%
Manganese	10%
Phosphorus	1%
Potassium	1%
Selenium	14%
Sodium	9%
Zinc	2%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	29%
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Food Evaluation

Vitamin Score	60
Mineral Score	94
Protein Score	113
Fiber Score	26

Total Nutrients Score	91
Net Food Score	82

Unhealthy Score 9

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	81%
Proteins	14%
Fats	5%

Health Costs

At **\$1.09** per pound, the cost of all displayed nutrients is **\$0.08**
Net nutrition per dollar is **987**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18368 Food Group Code 1800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 3.0 ounces or 85 grams**

Yams

Carbohydrates 9%

Fiber	12%
Sugars, total	1%

Fats Name

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

Vitamins

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	5%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	1%
Copper	8%
Iron	3%
Magnesium	4%
Manganese	15%
Phosphorus	2%
Potassium	17%
Selenium	1%
Sodium	0%
Zinc	1%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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Food Evaluation

Vitamin Score	82
Mineral Score	124
Protein Score	41
Fiber Score	148

Total Nutrients Score	107
Net Food Score	106

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	95%
Proteins	4%
Fats	1%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.22**
Net nutrition per dollar is **491**
86% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11601

Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Yellow beans

Carbohydrates 6%

Fiber	24%
Sugars, total	

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	3%
Copper	9%
Iron	11%
Magnesium	13%
Manganese	16%
Phosphorus	7%
Potassium	8%
Selenium	5%
Sodium	0%
Zinc	5%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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Food Evaluation

Vitamin Score	91
Mineral Score	190
Protein Score	248
Fiber Score	310

Total Nutrients Score	190
Net Food Score	189

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	72%
Proteins	22%
Fats	6%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
Net nutrition per dollar is **2985**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16047 Food Group Code 1600

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.3 ounces or 149 grams

Yellow mustard

Carbohydrates 3%

Fiber	16%
Sugars, total	2%

Fats Name

Saturated	2%
Trans fats	0%
Cholesterol	0%
Monounsaturated	18%
Polyunsaturated	6%
Omega-3 fats	43%
Omega-6 fats	8%

Proteins 7%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	1%
Valine*	5%

Vitamins

Vitamin A	2%
Thiamin (B-1)	26%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

Minerals

Calcium	6%
Copper	6%
Iron	13%
Magnesium	15%
Manganese	27%
Phosphorus	8%
Potassium	5%
Selenium	70%
Sodium	74%
Zinc	6%

Other Nutrients

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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Food Evaluation

Vitamin Score	89
Mineral Score	379
Protein Score	216
Fiber Score	210

Total Nutrients Score	337
Net Food Score	267

Unhealthy Score 70

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	27%
Proteins	23%
Fats	50%

Health Costs

At **\$1.59** per pound, the cost of all displayed nutrients is **\$0.52**
 Net nutrition per dollar is **510**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 6.3 ounces or 179 grams**

Yogurt, fat free

Carbohydrates 5%

Fiber	0%
Sugars, total	25%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	8%
Isoleucine*	13%
Leucine*	11%
Lysine*	10%
Methionine*	7%
Cystine	2%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	9%
Tryptophan*	5%
Valine*	15%

Vitamins

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	15%
Niacin (B-3)	1%
Pantothenic acid	11%
Vitamin B-6	4%
Folate	5%
Vitamin B-12	18%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

Minerals

Calcium	25%
Copper	1%
Iron	1%
Magnesium	7%
Manganese	0%
Phosphorus	14%
Potassium	11%
Selenium	9%
Sodium	6%
Zinc	12%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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Food Evaluation

Vitamin Score	107
Mineral Score	196
Protein Score	451
Fiber Score	0

Total Nutrients Score	220
Net Food Score	190

Unhealthy Score 30

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	53%
Proteins	44%
Fats	3%

Health Costs

At **\$1.00** per pound, the cost of all displayed nutrients is **\$0.39**
Net nutrition per dollar is **483**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01118 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 5.8 ounces or 164 grams**

Yogurt, plain, whole milk

Carbohydrates 3%

Fiber	0%
Sugars, total	14%

Fats Name

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	4%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	3%
Valine*	8%

Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	10%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

Minerals

Calcium	14%
Copper	1%
Iron	0%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	5%
Sodium	3%
Zinc	6%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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Food Evaluation

Vitamin Score	66
Mineral Score	110
Protein Score	251
Fiber Score	0

Total Nutrients Score	132
Net Food Score	93

Unhealthy Score 38

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	29%
Proteins	24%
Fats	47%

Health Costs

At **\$1.00** per pound, the cost of all displayed nutrients is **\$0.36**
Net nutrition per dollar is **258**
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01116 Food Group Code 0100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 22.0 ounces or 625 grams**

Zucchini

Carbohydrates 8%

Fiber	23%
Sugars, total	20%

Fats Name

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	5%
Valine*	6%

Vitamins

Vitamin A	25%
Thiamin (B-1)	15%
Riboflavin (B-2)	32%
Niacin (B-3)	14%
Pantothenic acid	10%
Vitamin B-6	57%
Folate	45%
Vitamin B-12	0%
Vitamin C	118%
Vitamin D	
Vitamin E	5%
Vitamin K	9%

Minerals

Calcium	7%
Copper	16%
Iron	12%
Magnesium	21%
Manganese	48%
Phosphorus	12%
Potassium	41%
Selenium	2%
Sodium	3%
Zinc	12%

Other Nutrients

Beta-carotene	15%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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Food Evaluation

Vitamin Score	543
Mineral Score	413
Protein Score	234
Fiber Score	293

Total Nutrients Score	500
Net Food Score	479

Unhealthy Score 21

SCORES are based on 1000 as the maximum

Caloric Content

Carbohydrates	73%
Proteins	18%
Fats	9%

Health Costs

At **\$1.79** per pound, the cost of all displayed nutrients is **\$2.60**
Net nutrition per dollar is **184**
95% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11477 Food Group Code 1100