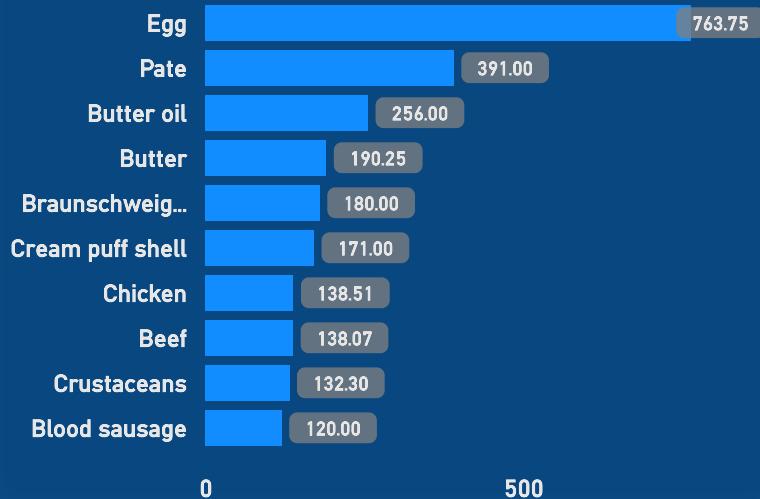


# Ingredients Analysis

Top 10 Category: Water



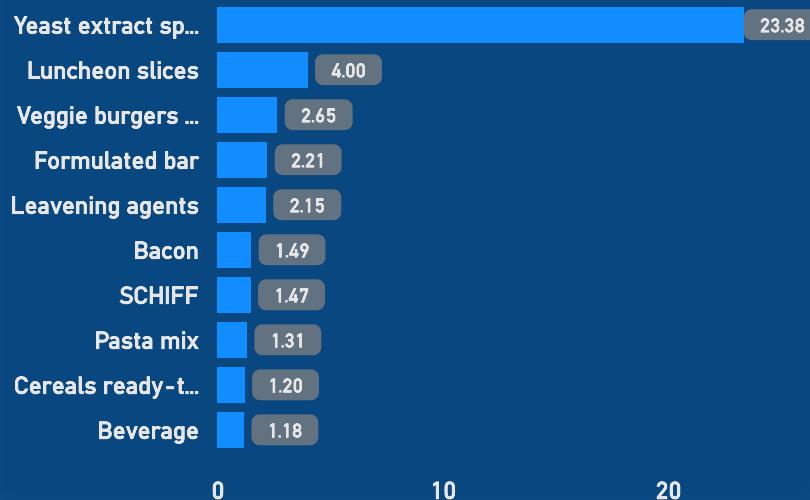
Top 10 Category: Cholesterol



Top 10 Category: Carotene



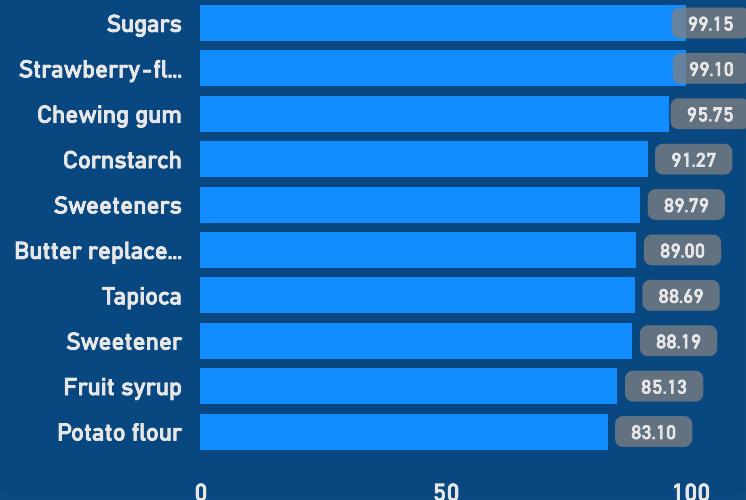
Top 10 Category: Thamin



Top 10 Category: Protein



Top 10 Category: Carbohydrate



Count of Category

473

101.36  
AVG Cal  
1.76  
AVG Zinc

0.19  
AVG Cop

3.06  
AVG Iron

### Minerals Analysis: AVG amount

37.81  
AVG Mag

158.77  
AVG Ph

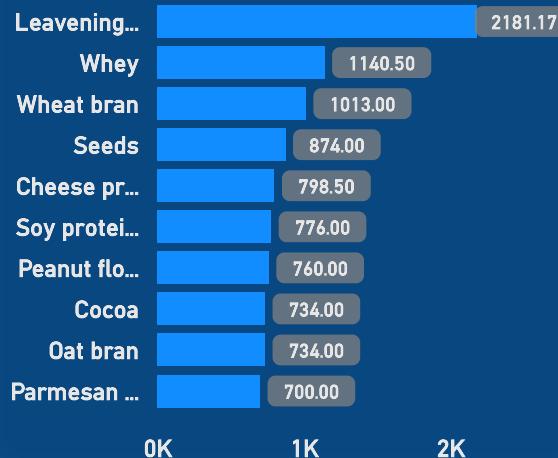
277.49  
AVG Pot

356.74  
AVG Sod

Nutrient Data Bank  
Count

2332

#### Top 10 Category: Phosphorus



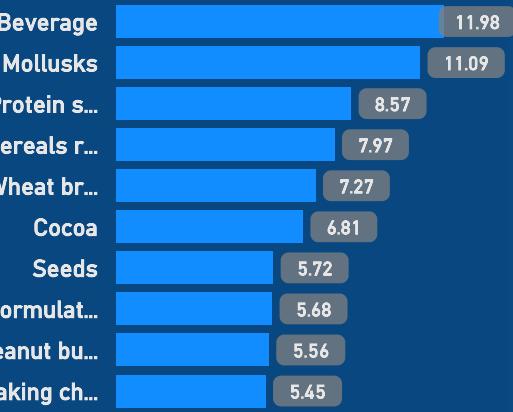
#### Top 10 Category: Potassium



#### Top 10 Category: Potassium



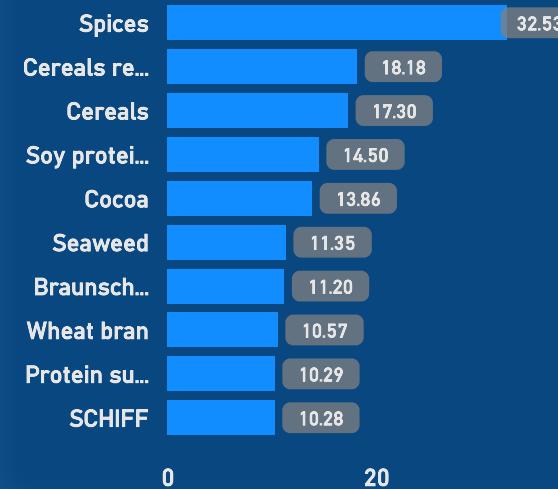
#### Top 10 Category: Zinc



#### Top 10 Category: Magnesium



#### Top 10 Category: Iron



#### Top 10 Category: Copper



#### Top 10 Category: Calcium



# Fat Analysis

## Monosaturated Fat



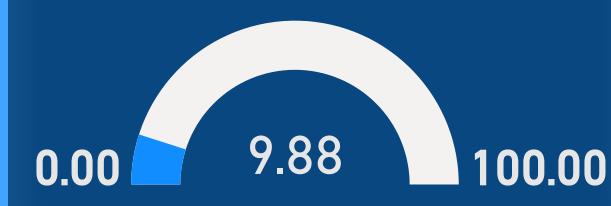
## Polysaturated Fat



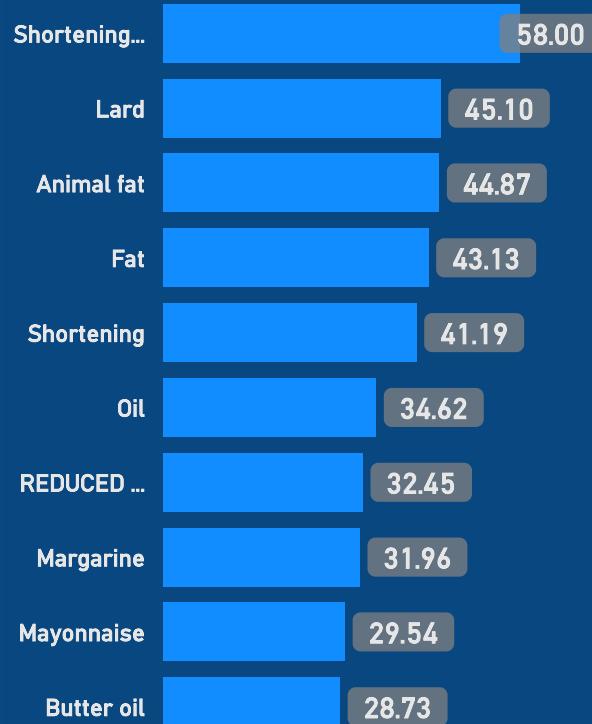
## Saturated Fat



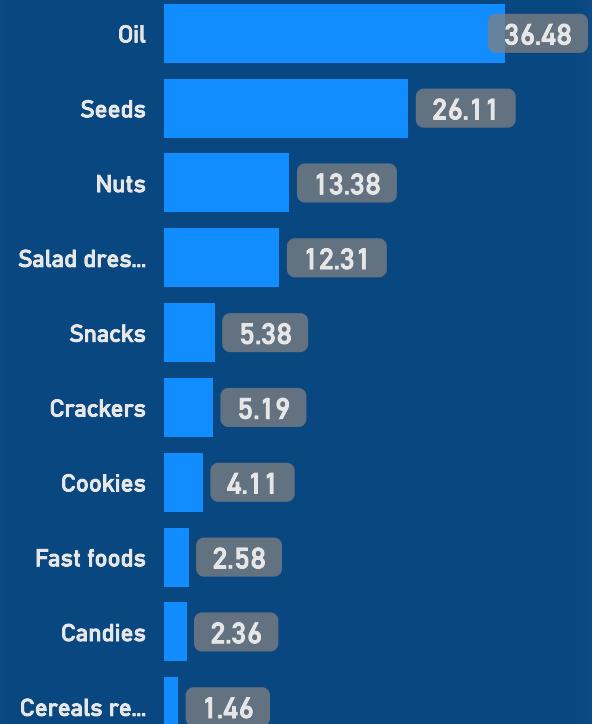
## Lipid Fat



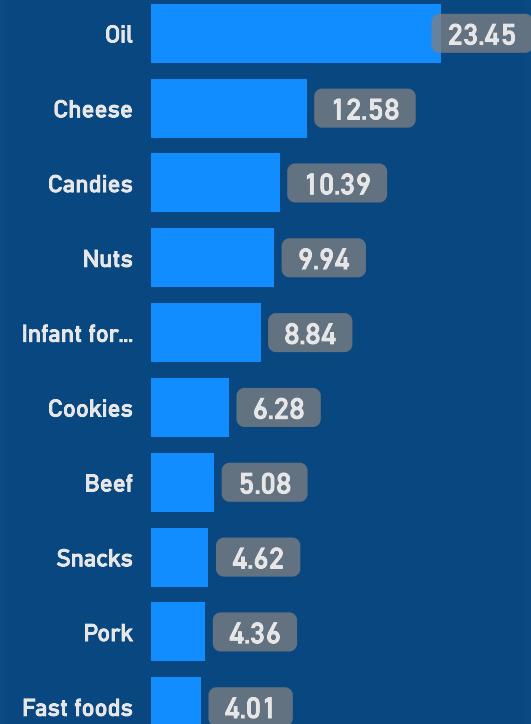
### Top 10 Category: Monosaturated Fat



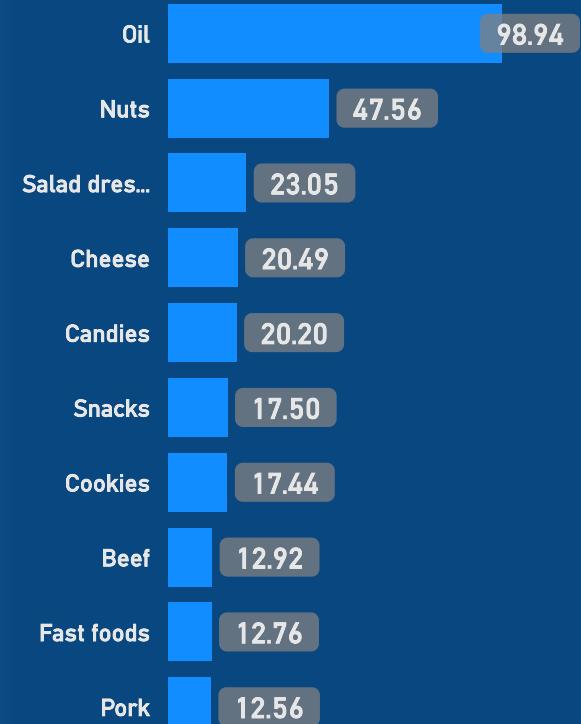
### Top 10 Category: Polysaturated Fat



### Top 10 Category: Saturated Fat



### Top 10 Category: Lipid Fat



Count of Category

473

95.96  
Vitamin A - RAE

Vitamin Analysis: AVG amount

0.94  
Vitamin B12

0.29  
Vitamin B6

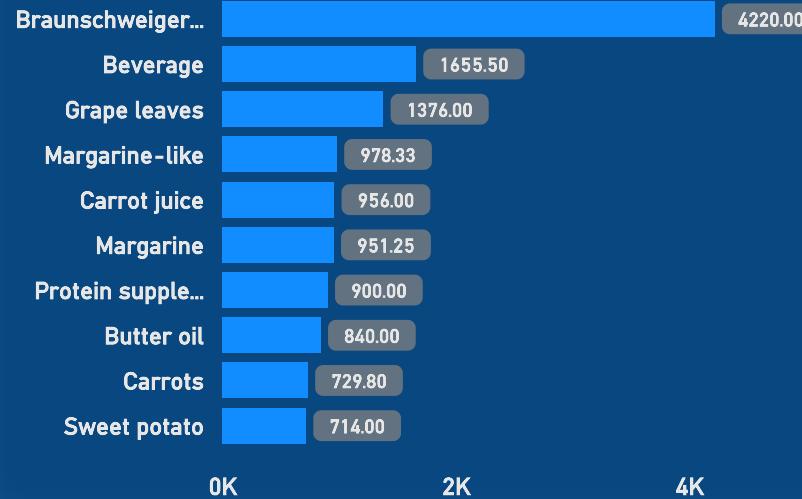
9.78  
Vitamin C

1.43  
Vitamin E

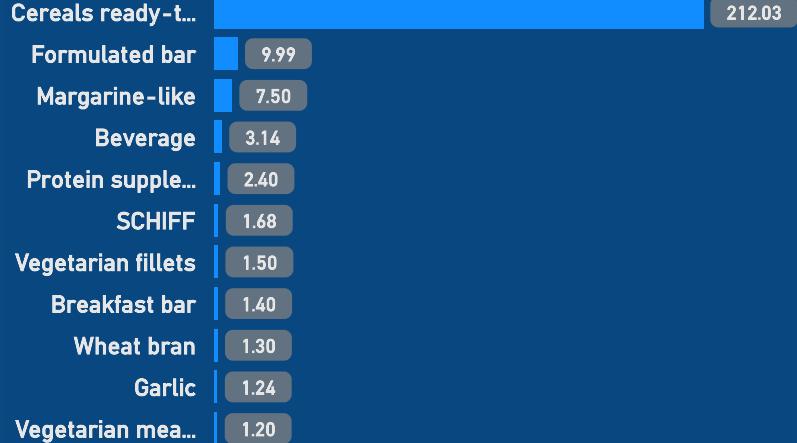
Nutrient Data Bank Count

2332

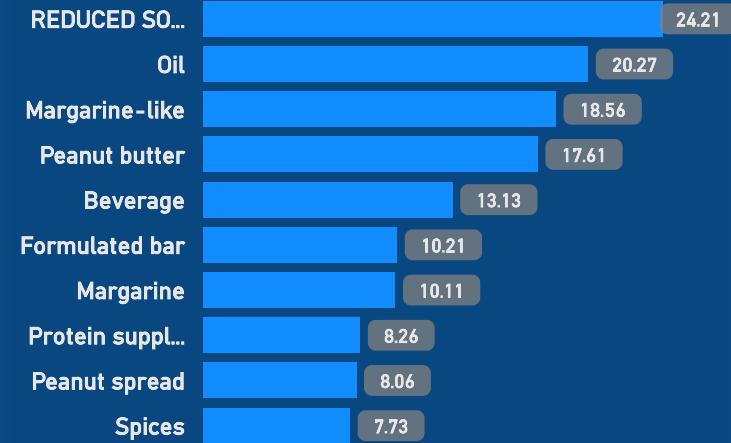
### Top 10 Category: VIT A - RAE



### Top 10 Category: Vit B6



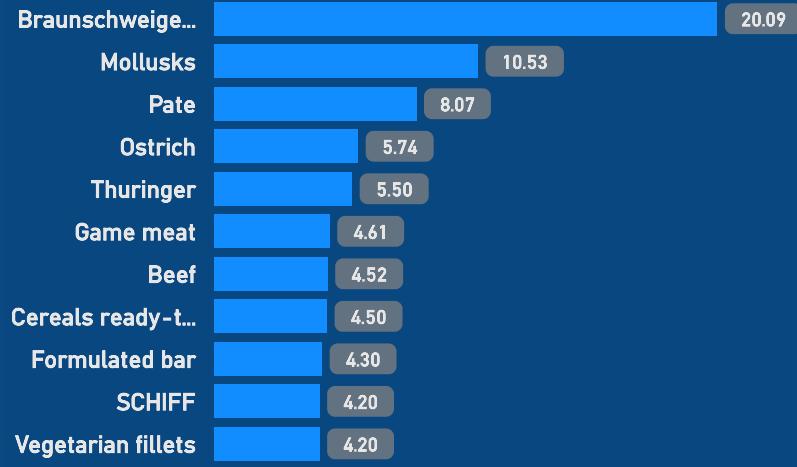
### Top 10 Category: Vit E



### Top 10 Category: Vit C



### Top 10 Category: Vit B12



### Top 10 Category: Vit K

