



## Nutrition Scores



## Highlighted Nutrients



## General

Energy	1568.8 kcal	109%
Alcohol	0.0 g	N/T
Caffeine	15.3 mg	N/T
Water	34.6 g	1%

## Carbohydrates

Carbs	177.5 g	86%
Fiber	6.6 g	27%
Starch	29.6 g	N/T
Sugars	76.4 g	N/T
Added Sugars	47.1 g	N/T
Net Carbs	170.8 g	94%

## Lipids

Fat	77.3 g	161%
Monounsaturated	14.9 g	N/T
Polyunsaturated	5.0 g	N/T
Omega-3	1.1 g	97%
Omega-6	3.8 g	32%
Saturated	31.2 g	n/a
Trans-Fats	0.1 g	n/a
Cholesterol	71.5 mg	N/T

## Protein

Protein	45.8 g	<div><div></div></div>	64%
Cystine	0.2 g	<div><div></div></div>	41%
Histidine	0.5 g	<div><div></div></div>	62%
Isoleucine	0.6 g	<div><div></div></div>	59%
Leucine	1.1 g	<div><div></div></div>	47%
Lysine	1.0 g	<div><div></div></div>	47%
Methionine	0.3 g	<div><div></div></div>	63%
Phenylalanine	0.6 g	<div><div></div></div>	69%
Threonine	0.6 g	<div><div></div></div>	53%
Tryptophan	0.2 g	<div><div></div></div>	67%
Tyrosine	0.5 g	<div><div></div></div>	54%
Valine	0.8 g	<div><div></div></div>	56%

**Vitamins**

B1 (Thiamine)	0.3 mg	<div><div></div></div>	28%
B2 (Riboflavin)	0.2 mg	<div><div></div></div>	22%
B3 (Niacin)	2.7 mg	<div><div></div></div>	19%
B5 (Pantothenic Acid)	0.3 mg	<div><div></div></div>	6%
B6 (Pyridoxine)	0.0 mg	<div><div></div></div>	3%
B12 (Cobalamin)	0.2 µg	<div><div></div></div>	7%
Folate	81.2 µg	<div><div></div></div>	20%
Vitamin A	0.0 µg	<div><div></div></div>	0%
Vitamin C	0.0 mg	<div><div></div></div>	0%
Vitamin D	0.0 IU	<div><div></div></div>	0%
Vitamin E	3.7 mg	<div><div></div></div>	25%
Vitamin K	9.0 µg	<div><div></div></div>	10%

**Minerals**

Calcium	14.8 mg	<div><div></div></div>	1%
Copper	0.3 mg	<div><div></div></div>	38%
Iron	3.2 mg	<div><div></div></div>	18%
Magnesium	43.9 mg	<div><div></div></div>	14%
Manganese	0.5 mg	<div><div></div></div>	30%
Phosphorus	126.1 mg	<div><div></div></div>	18%
Potassium	197.8 mg	<div><div></div></div>	8%
Selenium	24.3 µg	<div><div></div></div>	44%

Sodium	5179.0 mg	<div><div></div></div>	345%
Zinc	1.2 mg	<div><div></div></div>	15%

N/T = No Target