

Products



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Recipe analyzer

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Ingredient description	Matched product Check products whether they are correct	Edit	Energy (calories)
			▼
1 cup Flax Seed	Seeds · sunflower seed kernels · dried	1 cup	Cancel ✖ Update
3 cup Cashews	Nuts · cashew nuts · oil roasted · without salt added - 3 cup, whole		2245 kcal
2 cup Almonds	Nuts · almonds - 2 cup, sliced		1065 kcal
2 cup Pumpkin Seeds	Seeds · pumpkin and squash seed kernels · roasted · with salt added - 2 cup		1355 kcal
2 cup Sesame Seeds	Seeds · sesame seed kernels · dried (decorticated) - 2 cup		1893 kcal
3 cup Sunflower Seeds	Seeds · sunflower seed kernels · dried - 3 cup		2453 kcal
2 cup Walnuts	Nuts · walnuts · english - 2 cup, ground		1046 kcal
32 oz Oats	Oat bran · raw - 32 oz		2232 kcal
1 cup Canola Oil	Oil · canola - 1 cup		1927 kcal
1/2 cup Brown Sugar	Sugars · brown - 0.5 cup packed		418 kcal
1 tbsp Syrup, Maple	Syrups · corn · light - 1 tbsp		62 kcal
1 tbsp Cinnamon	Spices · cinnamon · ground - 1 tbsp		19 kcal
1 tbsp Nutmeg	Spices · nutmeg · ground - 1 tbsp		37 kcal
Add ingredient			

Ingredients

13

Servings per recipe

60

Servings size

52 g

Baked apple slices

74 kcal | 4 ingredients


Tu bi'shvat cake

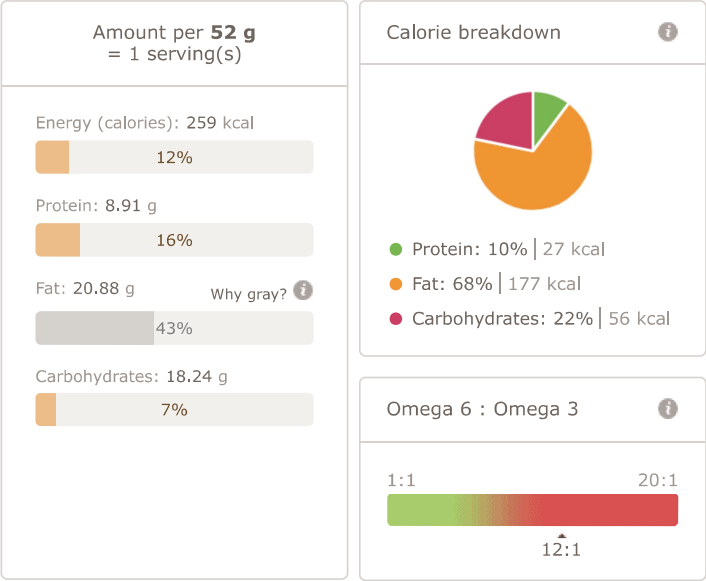
361 kcal | 10 ingredients


Chai concentrate

321 kcal | 6 ingredients


Walnut maple pie

407 kcal | 11 ingredients



General

Energy	259 kcal	<div><div></div></div> 12%
Water	2.3 g	<div><div></div></div> 0%
Ash	1.32 g	
Alcohol, ethyl	0 g	
Caffeine	0 mg	
Theobromine	0 mg	

Carbohydrates

Carbohydrate	18.24 g	<div><div></div></div> 7%
Fiber	4.8 g	<div><div></div></div> 19%
Sugars, total	3.13 g	
Glucose (dextrose)	0.05 g	
Fructose	0.04 g	
Galactose	0 g	
Sucrose	2.53 g	
Lactose	0 g	
Maltose	0 g	
Starch	0.76 g	

Lipids

Total lipid (fat)	20.88 g	<div><div></div></div> 43%
Total polyunsaturated	7.843 g	
Omega 3 (n-3)	0.619 g	<div><div></div></div> 43%
18:3 n-3 c,c,c (ALA)	0.621 g	
22:6 n-3 (DHA)	0 g	
20:5 n-3 (EPA)	0.001 g	
22:5 n-3 (DPA)	0 g	
20:3 n-3	0 g	
Omega 6 (n-6)	7.183 g	<div><div></div></div> 59%
Total monounsaturated	9.085 g	
Total saturated	2.531 g	as low as possible
Total trans	0.016 g	as low as possible
Cholesterol	0 mg	as low as possible
Phytosterols	57 mg	
Stigmasterol	1 mg	
Campesterol	12 mg	
Beta-sitosterol	41 mg	

Protein + aminoacids

Protein	8.91 g	<div><div></div></div> 16%
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Vitamins

Vitamin C	0.3 mg	<div><div></div></div> 0%
Folate, total	43 µg	
Folate, DFE	43 µg DFE	<div><div></div></div> 11%
Folate, food	43 µg	
Folic acid	0 µg	
Vitamin B-1 (Thiamin)	0.392 mg	<div><div></div></div> 36%
Vitamin B-2 (Riboflavin)	0.13 mg	<div><div></div></div> 12%
Vitamin B-3 (Niacin)	1.642 mg	<div><div></div></div> 12%
Vitamin B-5 (Pantothenic acid)	0.458 mg	<div><div></div></div> 9%
Vitamin B-6	0.215 mg	<div><div></div></div> 17%
Vitamin B-12 (Cobalamin)	0 µg	<div><div></div></div> 0%
Vitamin B-12, added	0 µg	
Vitamin A	9 IU	<div><div></div></div> 0%
Retinol	0 µg	
Carotene, beta	6 µg	
Carotene, alpha	0 µg	
Cryptoxanthin, beta	0 µg	
Lycopene	0 µg	
Lutein + zeaxanthin	30 µg	
Vitamin E	5.04 mg	<div><div></div></div> 34%
Vitamin E, added	0 mg	
Tocotrienol, alpha	0.34 mg	
Tocotrienol, beta	0.02 mg	
Tocotrienol, gamma	0.01 mg	
Tocotrienol, delta	0 mg	
Vitamin D	0 IU	<div><div></div></div> 0%
Vitamin D2 (ergocalciferol)	~	
Vitamin D3 (cholecalciferol)	~	
Vitamin K	5.6 µg	<div><div></div></div> 6%
Choline	20.4 mg	<div><div></div></div> 5%
Betaine	7.1 mg	
Isoflavones, total	0 mg	
Daidzein	0 mg	
Genistein	0 mg	
Glycitein	0 mg	

Minerals

Calcium, Ca	38 mg	<div><div></div></div> 4%
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Tryptophan	0.15 g	47%
Threonine	0.313 g	24%
Isoleucine	0.381 g	31%
Leucine	0.696 g	26%
Lysine	0.367 g	15%
Methionine + Cystine	0.397 g	33%
Methionine	0.197 g	
Cystine	0.2 g	
Phenylalanine + Tyrosine	0.771 g	37%
Phenylalanine	0.471 g	
Tyrosine	0.3 g	
Valine	0.491 g	32%
Arginine	1.051 g	
Histidine	0.233 g	26%
Alanine	0.443 g	
Aspartic acid	0.922 g	
Glutamic acid	2.092 g	
Glycine	0.527 g	
Proline	0.459 g	
Serine	0.477 g	
Hydroxyproline	0 g	

Magnesium, Mg	135 mg	44%
Phosphorus, P	311 mg	44%
Iron, Fe	2.55 mg	14%
Potassium, K	274 mg	6%
Sodium, Na	16 mg	1%
Zinc, Zn	2.1 mg	26%
Copper, Cu	0.557 mg	62%
Selenium, Se	15.5 µg	28%
Manganese, Mn	1.575 mg	88%
Fluoride, F	~	

SimpleAdvanced

About Nutrition Facts

- Symbol "~" means missing value.
- Percentages next to nutrients show the proportion of daily recommended intake level of nutrients for a healthy person, whose data are included in the nearby profile.
- Nutrition recommendations based on Dietary Reference Intake (DRI) developed by the Institute of Medicine, [source](#).

Advanced mode

- **RDA** (Recommended Dietary Allowances) - the daily daietary intake level of a nutrient that meet the requirements of 97.5% of healthy individuals in particular age group and gender.
- **AI** (Adequate Intake) - recommended average daily nutrient intake assumed to be adequate based on approximation of observed mean nutrient intake by a group of healthy people, used when an RDA cannot be determined.
- **UL** (Tolerable upper intake levels) - the highest level of daily consumption that current data have shown to cause no side effects in humans when used indefinitely without medical supervision.

