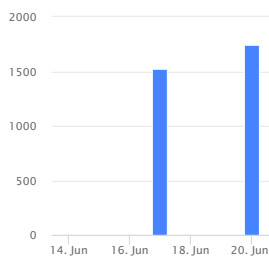


June 20, 2021

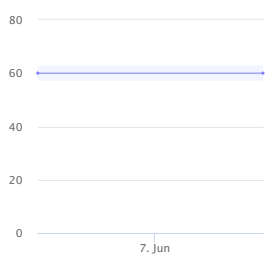
Energy History (kcal)



Consumed

Last 7 days

Weight Change: 0.0 kg

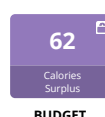


Last 4 weeks

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Description	Amount	Unit	Energy (kcal)
Goat Cheese, Soft	1	oz	74.84
Complet, Pain Tranche	70	g	156.32
Almonds, Raw	40	g	231.6
Honey	1.5	tbsp	96.62
Moulin des Moines, Farine de Petit Épeutres	40	g	136.8
Pêche, Crue	30	g	11.7
Apricots, Raw	30	g	14.4
Melons, Cantaloupe, Raw	150	g	51
Cherries, Sweet, Raw	20	g	12.6
Now, Dandelion Root	1	capsule	0
Pruneau, Séché, Non Cuit	20	g	48
Nuts, acorn flour, full fat	20	g	100.2
Whole Wheat Flour	10	g	34
Eggs, Cooked	15	g	23.25
Noix, Grenoble, Séchées	50	g	327
Stinging Nettles, Blanched, Northern Plains Indians	1	oz	11.91
Sunflower Oil	0.9	tbsp	108.4
Walnut Oil	3	g	26.52
Zucchini, Raw	80	g	13.6
Chickpeas, Boiled without Salt	80	g	131.2
Potato, Boiled with Skin	10	g	7.6
Beetroot Juice, Raw	1	oz	13.39
Cucumber, Raw, With Peel	1	cup, sliced	15.6
Salt	1	dash	0
Garlic, Fresh	1	g	1.49
Oignon, Bouilli, Egoutté	6	g	2.64
Spirulina, Dried	3	tsp, chopped	20.3
Mint, Fresh	1	tsp	0.84
Tempeh, Cooked	1	oz	55.28
Chou-rave, Cru	1	oz	7.65
Woolworths, Mixed Leaf, Baby Leaves & Beetroot	1	oz	4.06
Cider Vinegar	1	tsp	1.05

Energy Summary

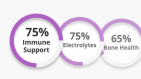


Macronutrient Targets

Energy	1740 kcal / 1444 kcal (120%)
Protein	60.9 g / 45.0 g (132%)
Net Carbs	160.5 g / 130.0 g (123%)
Fat	91.2 g / 65.0 g (140%)

Nutrient Targets

Nutrition Scores



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We've compiled a set of 8 nutrition scores to represent well researched health concepts. Upgrade to view the full set.

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Highlighted Nutrients



General		
Energy	1739.9 kcal	120%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	585.6 g	22%

Carbohydrates		
Carbs	198.1 g	152%
Fiber	35.9 g	144%
Starch	22.7 g	No Target
Sugars	69.6 g	No Target
Net Carbs	160.5 g	123%

Lipids		
Fat	91.2 g	140%
Monounsaturated	27.7 g	No Target
Polyunsaturated	42.3 g	No Target
Omega-3	5.1 g	462%
Omega-6	36.8 g	306%

Vitamins		
B1 (Thiamine)	0.8 mg	76%
B2 (Riboflavin)	1.5 mg	133%
B3 (Niacin)	7.9 mg	57%
B5 (Pantothenic Acid)	2.7 mg	54%
B6 (Pyridoxine)	1.3 mg	99%
B12 (Cobalamin)	0.3 µg	11%
Folate	352.4 µg	88%
Vitamin A	7266.8 IU	311%
Vitamin C	102.0 mg	136%
Vitamin D	17.3 IU	9%
Vitamin E	17.7 mg	118%
Vitamin K	192.4 µg	214%

Minerals		
Calcium	509.5 mg	51%
Copper	2.8 mg	313%
Iron	11.9 mg	66%
Magnesium	398.6 mg	129%

Saturated	13.7 g	n/a	Manganese	5.5 mg	306%
Trans-Fats	0.3 g	0.266 g	Phosphorus	901.2 mg	129%
Cholesterol	69.0 mg	n/a	Potassium	2626.7 mg	56%
Protein					
Protein	60.9 g	132%	Selenium	24.3 µg	44%
Cystine	0.5 g	86%	Sodium	843.5 mg	56%
Histidine	1.0 g	124%	Zinc	6.8 mg	84%
Isoleucine	1.7 g	153%			
Leucine	3.1 g	123%			
Lysine	2.0 g	88%			
Methionine	0.7 g	116%			
Phenylalanine	2.0 g	201%			
Threonine	1.5 g	128%			
Tryptophan	0.5 g	154%			
Tyrosine	1.2 g	121%			
Valine	2.1 g	145%			

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