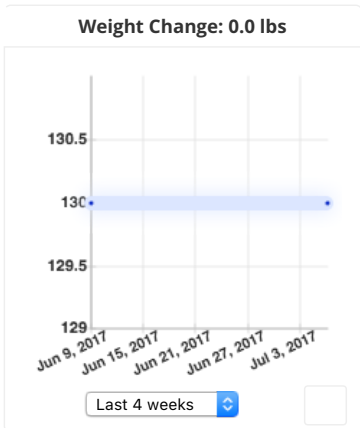
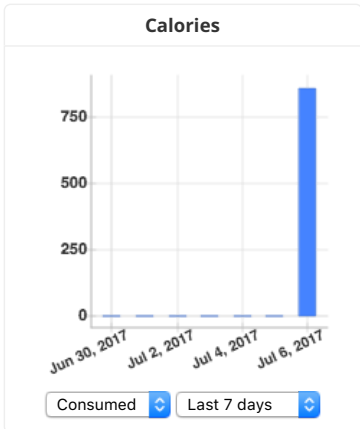




July 6, 2017

ADD FOOD
 ADD EXERCISE
 ADD BIOMETRIC
 ADD NOTE

**UPGRADE TO GOLD EDITION**



Description	Amount	Unit	Calories
Rice Noodles, Cooked in Unsalted Water	2	cup	380.15
Curry Paste, Red	1	tsp	5.81
Cilantro, Leaves, Raw	1	oz	6.52
Peanuts, Dry Roasted, Unsalted	0.25	cup, halves	214.26
Cucumber, Raw, With Peel	0.5	cup, chopped	10.65
Carrots, Raw	0.5	cup	31.76
Red Bell Peppers, Raw	0.5	cup, sliced	14.26
Tofu, Raw (Not Silken), Cooked, Firm	5	tbsp	76.58
Soy sauce, Low Sodium	1	tbsp	9.08
Rice Vinegar	1	tbsp	2.68
Agave Syrup	1	tbsp	65.1
Lime Juice, Fresh	0.5	each - juice from one lime	5.5
Sesame Oil	1	tsp	40.15

### Calories Summary

862.5 kcal CONSUMED
   
 1605 kcal BURNED

Energy: 862.5 kcal / 1337 kcal (65%)
   
 Protein: 28.2 g / 46.0 g (61%)
   
 Net Carbs: 115.3 g / 130.0 g (89%)
   
 Fat: 28.7 g / 65.0 g (44%)

Fat Carbs -742.4
   
 Activity Basal Metabolic Rate

CALORIE BREAKDOWN

### Nutrient Targets

61% TARGETS
   
 51% Fiber
   
 24% Iron
   
 33% Calcium
   
 739% Vit.A
   
 112% Vit.C
   
 0% Vit.B12
   
 34% Folate

#### General

Energy	862.5 kcal	65%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	584.5 g	22%

#### Carbohydrates

Carbs	128.1 g	99%
Fiber	12.8 g	51%
Starch	85.4 g	No Target
Sugars	24.9 g	No Target

#### Lipids

Fat	28.7 g	44%
Monounsaturated	12.9 g	No Target

#### Vitamins

B1 (Thiamine)	0.3 mg	32%
B2 (Riboflavin)	0.4 mg	36%
B3 (Niacin)	7.7 mg	55%
B5 (Pantothenic Acid)	1.3 mg	27%
B6 (Pyridoxine)	0.7 mg	54%
B12 (Cobalamin)	0.0 µg	0%
Folate	136.3 µg	34%
Vitamin A	17246.2 IU	739%
Vitamin C	84.2 mg	112%
Vitamin D	0.0 IU	0%
Vitamin E	4.5 mg	30%
Vitamin K	118.3 µg	131%

#### Minerals

CRON-O-Meter

Polyunsaturated	7.7 g	No Target
Omega-3	0.3 g	23%
Omega-6	7.4 g	62%
Saturated	4.6 g	n/a
Trans-Fats	0.0 g	0.010 g
Cholesterol	0.0 mg	No Target

Calcium	329.9 mg	33%
Copper	0.7 mg	78%
Iron	4.4 mg	24%
Magnesium	163.9 mg	53%
Manganese	2.3 mg	127%
Phosphorus	441.7 mg	63%
Potassium	1132.4 mg	24%
Selenium	31.3 µg	57%
Sodium	917.2 mg	61%
Zinc	3.6 mg	45%

Protein		
Protein	28.2 g	61%
Cystine	0.4 g	77%
Histidine	0.7 g	87%
Isoleucine	1.2 g	104%
Leucine	2.0 g	80%
Lysine	1.3 g	58%
Methionine	0.4 g	74%
Phenylalanine	1.4 g	140%
Threonine	1.1 g	96%
Tryptophan	0.3 g	110%
Tyrosine	1.0 g	108%
Valine	1.3 g	95%



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