

Nutrition Calculator and Recipe Builder

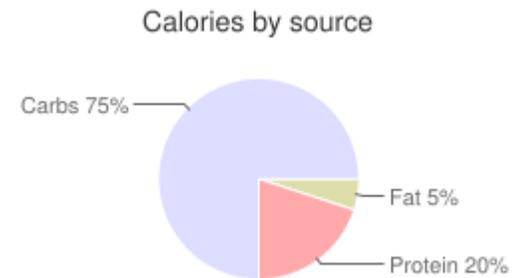
Summary

Recipe name	Meal
Number of servings	1
Final weight, g ⓘ	Optional

Ingredient	Amount	Calories
Nopales, raw	1 pound = 454 g	73

Meal

Nutrition Facts	
Portion Size	454 g
Amount Per Portion	
Calories	73
% Daily Value *	
Total Fat 0.4g	1 %
Saturated Fat 0.1g	0 %
Sodium 95mg	4 %
Total Carbohydrate 15g	5 %



Dietary Fiber 10g	36 %
Sugar 5.2g	
Protein 6g	12 %
Vitamin D 0mcg	0 %
Calcium 744mg	57 %
Iron 2.7mg	15 %
Potassium 1166mg	25 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

Meal nutrition facts and analysis per 453.59 g

Vitamins

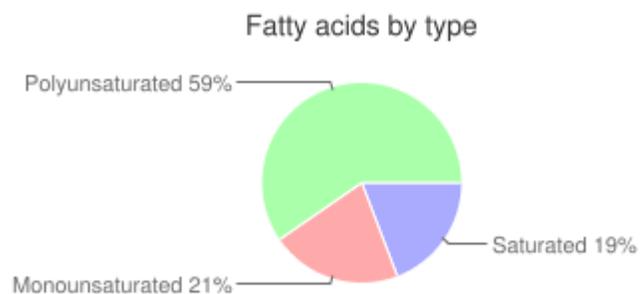
Nutrient	Amount	DV
Vitamin A, RAE	104.33 mcg	12 %
Carotene, alpha	217.72 mcg	
Carotene, beta	1133.98 mcg	
Cryptoxanthin, beta	0 mcg	
Lutein + zeaxanthin	0 mcg	

Carbohydrates

Nutrient	Amount	DV
Carbohydrate	15.1 g	5 %
Fiber	9.98 g	36 %
Sugars	5.22 g	
Net carbs	5.12 g	

Lycopene	0 mcg	
Retinol	0 mcg	
Thiamin [Vitamin B1]	0.054 mg	5 %
Riboflavin [Vitamin B2]	0.186 mg	14 %
Niacin [Vitamin B3]	1.86 mg	12 %
Pantothenic acid [Vitamin B5]	0.757 mg	15 %
Vitamin B6	0.318 mg	19 %
Vitamin B12 [Cobalamin]	0 mcg	0 %
Vitamin B12, added	0 mcg	
Folate, DFE [Vitamin B9]	13.61 mcg	3 %
Folate, food	13.61 mcg	
Folic acid	0 mcg	
Vitamin C [Ascorbic acid]	42.2 mg	47 %
Vitamin D	0 mcg	0 %
Vitamin E (alpha-tocopherol)	0 mg	0 %
Vitamin E, added	0 mg	

Fats and Fatty Acids



Nutrient	Amount	DV
Fat	0.408 g	1 %
Saturated fatty acids	0.073 g	0 %
Butanoic acid	0 g	
Decanoic acid	0 g	
Dodecanoic acid	0 g	
Hexadecanoic acid	0.054 g	
Hexanoic acid	0 g	
Octadecanoic acid	0.009 g	
Octanoic acid	0 g	
Tetradecanoic acid	0 g	

Tocopherol, alpha	0 mg	
Vitamin K	24 mcg	20 %
Vitamin K1 [Phylloquinone]	24 mcg	
Choline	33.1 mg	6 %

Minerals

Nutrient	Amount	DV
Calcium	743.89 mg	57 %
Copper	0.24 mg	27 %
Iron	2.68 mg	15 %
Magnesium	235.87 mg	56 %
Manganese	2.073 mg	90 %
Phosphorus	72.57 mg	6 %
Potassium	1165.73 mg	25 %
Selenium	3.18 mcg	6 %
Sodium	95.25 mg	4 %

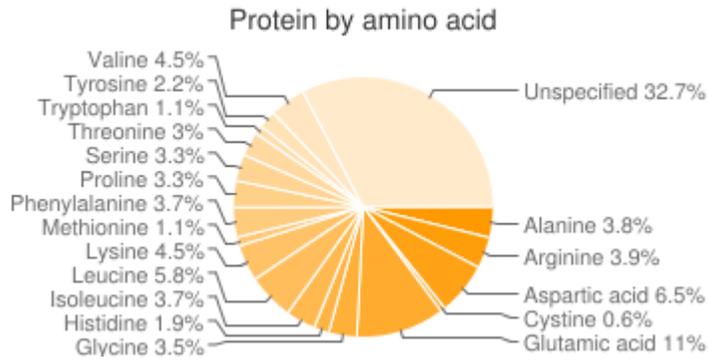
Monounsaturated fatty acids	0.082 g
Docosenoic acid	0 g
Eicosenoic acid	0 g
Hexadecenoic acid	0.009 g
Octadecenoic acid	0.077 g
Polyunsaturated fatty acids	0.227 g
Docosahexaenoic n-3 acid (DHA)	0 g
Docosapentaenoic n-3 acid (DPA)	0 g
Eicosapentaenoic n-3 acid (EPA)	0 g
Eicosatetraenoic acid	0 g
Octadecadienoic acid	0.2 g
Octadecatetraenoic acid	0 g
Octadecatrienoic acid	0.023 g
Fatty acids, total trans	0 g

Sterols

Zinc

1.13 mg 10 %

Proteins and Aminoacids



Nutrient	Amount	DV
Cholesterol	0 mg	0 %

Other

Nutrient	Amount	DV
Alcohol, ethyl	0 g	
Ash	5.17 g	
Caffeine	0 mg	
Theobromine	0 mg	
Water	426.92 g	

Nutrient	Amount	DV
Protein	5.99 g	12 %
Alanine	0.227 g	
Arginine	0.236 g	
Aspartic acid	0.39 g	
Cystine	0.036 g	
Glutamic acid	0.658 g	
Glycine	0.209 g	
Histidine	0.113 g	10 %

Isoleucine	0.222 g	14 %
Leucine	0.349 g	10 %
Lysine	0.268 g	9 %
Methionine	0.068 g	
Phenylalanine	0.222 g	
Proline	0.195 g	
Serine	0.195 g	
Threonine	0.181 g	11 %
Tryptophan	0.064 g	16 %
Tyrosine	0.132 g	
Valine	0.268 g	14 %
Phenylalanine + Tyrosine	0.354 g	13 %
Methionine + Cysteine	0.068 g	4 %

Instructions

Add ingredient

Use the search bar above to quickly add ingredients to the recipe. You can specify the item and weight in grams or ounces in the search box, e.g. 'bananas 35 g', 'tomatoes 4 oz'. UPC barcodes are also supported,

e.g. '070470496528'. Alternatively you can add an item directly from favorites, recipes, custom foods, food details and search result pages.

Remove ingredient Click on the 'delete' link in the item row to remove it from the recipe.

Change amount Click on the amount link to modify the amount used in the recipe.

Recipe name Click on the pencil icon in the recipe name row, modify the name as desired and hit enter or click anywhere on the page to save changes.

Number of servings Click on the pencil icon in the number of servings row, modify name as desired and hit enter or click anywhere on the page to save changes.

Final weight If not specified then the total weight of all ingredients will be used as the final weight of a recipe. To account for water evaporation or adsorption you can directly specify final weight by clicking on the pencil icon in the final weight row.

Save recipe Click on the 'Save to your recipes' button to save the current recipe to your recipe list.

Share recipe Click on 'Share by URL' link to the copy URL suitable for sharing this recipe. Sharing by URL feature only exists for recipes that don't depend on other recipes or custom ingredients.

Nutrition facts Nutrition facts label and detailed nutrient analysis are displayed under each recipe. Hover above or click/tap on a nutrient in order to learn more about it. Hover or click/tap on an amount in order to view how each ingredient contributes to that total nutrient amount for the recipe. If an ingredient does not specify nutrient amount then it won't contribute (or effectively contributes 0) to the nutrient total value.



Nutrition calculator: computes nutrition value of a meal. Daily values are based on a 2000 calorie a day diet. Recommended daily intake of essential aminoacids is provided for 180 lbs person. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database.

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