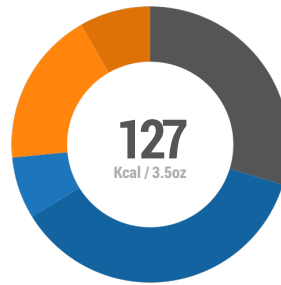


Greek Honey Pistacio

By Ashlyn Housewright

Overview ...

U / 5510795



CALORIES:

43.8% Carbs

29.7% Protein

26.5% Fat

Food Labelling...

US Label values per 3.5oz

Serves 1

	PER 3.5OZ	%DV	PER 8.6OZ SERVING	%DV
Calories	130 kcal	7%	310 kcal	16%
Total Fat	4 g	5%	9 g	12%
<i>Saturated Fat</i>	1 g	5%	3 g	15%
<i>Trans Fats</i>	0 g	-	0 g	-
Cholesterol	10 mg	3%	20 mg	7%
Sodium	40 mg	2%	100 mg	4%
Total Carbohydrate	15 g	5%	37 g	13%
<i>Dietary Fiber</i>	1 g	4%	2 g	7%
Total Sugars	12 g	-	28 g	-
Added Sugars	7 g	14%	18 g	36%
Protein	9 g	18%	23 g	46%
Vitamin D	0 ug	0%	0 ug	0%
Calcium	110 mg	8%	260 mg	20%
Iron	0.4 mg	2%	0.9 mg	4%
Potassium	150 mg	4%	370 mg	8%

CONTAINS:



Nutrient Breakdown per 3.5oz...

Energy	Lipid Components	Vitamins
Energy(kcal) 6% RI	Saturated Fat 6% RI	1.2g Vitamin A (ret eq) 8% RI
Energy(Kj) 6% RI	Monounsaturated fat	1.1g Retinol
	cis-Mono	- Carotene
	Polyunsaturated fat	0.45g Vitamin D
	Omega3(n-3)	- Vitamin E 1% RI
	Omega6(n-6)	- Vitamin K ₁ 1% RI
	cis-Poly	- Thiamin (B ₁) 5% RI
	Trans-fatty acids	0.05g
		74ug
		74ug
		-
		0ug
		0.1mg
		0.66ug
		0.06mg

Water from Drinks	0g	Cholesterol 3% RI	8.2mg	Riboflavin (B ₂) 16% RI	0.2mg
Alcohol (0% ABV)	0g	Minerals & trace elements		Niacin total (B ₃)	-
Carbohydrate		Sodium 2% RI	42mg	Niacin 1% RI	0.22mg
Starch	2.7g	Potassium 3% RI	151mg	Tryptophan	32.8mg
Oligosaccharide	-	Chloride 1% RI	20.1mg	Pantothenic Acid (B ₅) 8% RI	0.41mg
Fiber 3% RI	0.83g	Calcium 8% RI	106mg	Vitamin B ₆ 5% RI	0.08mg
NSP	0.24g	Phosphorus 10% RI	127mg	Folates (B ₉) Total 3% RI	11.5ug
Sugars	11.6g	Magnesium 3% RI	12.6mg	Vitamin B ₁₂ 18% RI	0.43ug
Glucose	3.1g	Iron 2% RI	0.37mg	Biotin (B ₇)	-
Galactose	0.8g	Zinc 5% RI	0.59mg	Vitamin C 1% RI	0.8mg
Fructose	3.5g	Copper 7% RI	0.06mg		
Sucrose	0.27g	Manganese 5% RI	0.11mg		
Maltose	0.12g	Selenium 19% RI	10.6ug	Other	
Lactose	2.3g	Iodine	-	GI (estimated)	27.8
				GL	4
				Caffeine	0mg

Recipe Ingredients ...	Quantity:	Description:	Cost:
Yogurt, Greek, plain, lowfat - US15	7.1oz	1 container (7 oz)	0.00
Nuts, pistachio nuts, dry roasted, without salt added - US15	0.2469oz	0.25 oz (49 kernels)	0.00
Honey - US15	0.7408oz	1 tbsp	0.00
Spices, cinnamon, ground - US15	0.0317oz	0.35 tsp	0.00
GRANOLA - US-B	0.5oz	0.13 cup	0.00
			TOTAL COST: 0.00

Products / Pack Sizes ...

1 Serving

Product code

Barcode

8.6oz / 316kcal

Serving per pack

Net pack weight

0.00 ↗

Sale price (0+ 0%)

Ingredient List (QUID) ...

Greek Yogurt (MILK), Honey, GRANOLA [OATS, MAPLE SYRUP, BROWN SUGAR, CANOLA OIL, VANILLA, SEA SALT, CINNAMON], PISTACHIO Nuts (TREE NUTS), Ground Cinnamon