

NDSR 2020 Nutrient Totals Report

Project Abbreviation: GoforGreen

Participant ID: Chili Mac

Date of Intake: 08/18/2021

Primary Energy Sources

Energy (kilocalories)	434 kcal
Energy (kilojoules)	1814 kj
Total Fat	13.202 g
Total Carbohydrate	65.142 g
Available Carbohydrate	53.669 g
Total Protein	23.591 g
Animal Protein	0.000 g
Vegetable Protein	23.591 g
Gluten	7.664 g
Alcohol	0.000 g
% Calories from Fat	26.710 %
% Calories from Carbohydrate	54.735 %
% Calories from Protein	18.813 %
% Calories from Alcohol	0.000 %

Fat and Cholesterol

Cholesterol	0 mg
Solid Fats	5.349 g
Total Saturated Fatty Acids (SFA)	5.479 g
Total Monounsaturated Fatty Acids (MUFA)	1.689 g
Total Polyunsaturated Fatty Acids (PUFA)	4.051 g
Total Trans-Fatty Acids (TRANS)	0.022 g
Total Conjugated Linoleic Acid (CLA 18:2)	0.000 g
Omega-3 Fatty Acids	0.161 g
Omega-6 Fatty Acids	3.793 g
% Calories from SFA	11.277 %
% Calories from MUFA	3.401 %
% Calories from PUFA	8.117 %
Polyunsaturated to Saturated Fat Ratio	0.739
Cholesterol to Saturated Fatty Acid Index	5.533

Carbohydrates

Total Sugars	6.114 g
Fructose	2.306 g
Galactose	0.002 g
Glucose	2.484 g
Lactose	0.000 g
Maltose	0.734 g
Sucrose	0.561 g
Starch	47.201 g
Added Sugars (by Total Sugars)	0.353 g
Added Sugars (by Available Carbohydrate)	0.363 g

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Fiber

Total Dietary Fiber	11.473 g
Soluble Dietary Fiber	1.491 g
Insoluble Dietary Fiber	9.091 g
Pectins	0.492 g

Vitamins

Total Vitamin A Activity (Retinol Equivalents)	143 mcg
Total Vitamin A Activity (International Units)	1427 IU
Total Vitamin A Activity (Retinol Activity Equivalents)	71 mcg
Beta-Carotene Equivalents (derived from provitamin A carotenoids)	855 mcg
Retinol	0 mcg
Vitamin D (calciferol)	0.000 mcg
Vitamin D2 (ergocalciferol)	0.000 mcg
Vitamin D3 (cholecalciferol)	0.000 mcg
Vitamin E (International Units)	5.853 IU
Vitamin E (Total Alpha-Tocopherol)	3.926 mg
Natural Alpha-Tocopherol (RRR-alpha-tocopherol or d-alpha-tocopherol)	3.926 mg
Synthetic Alpha-Tocopherol (all rac-alpha-tocopherol or dl-alpha-tocopherol)	0.000 mg
Total Alpha-Tocopherol Equivalents	4.155 mg
Beta-Tocopherol	0.258 mg
Gamma-Tocopherol	1.227 mg
Delta-Tocopherol	0.293 mg
Vitamin K (phylloquinone)	9.827 mcg
Vitamin C (ascorbic acid)	11.899 mg
Thiamin (vitamin B1)	17.537 mg
Riboflavin (vitamin B2)	0.500 mg
Niacin (vitamin B3)	7.420 mg
Niacin Equivalents	12.289 mg
Pantothenic Acid	0.765 mg
Vitamin B-6 (pyridoxine, pyridoxyl, & pyridoxamine)	0.579 mg
Total Folate	96 mcg
Dietary Folate Equivalents	114 mcg
Natural Folate (food folate)	71 mcg
Synthetic Folate (folic acid)	26 mcg
Vitamin B-12 (cobalamin)	1.800 mcg

Carotenoids

Beta-Carotene (provitamin A carotenoid)	771 mcg
Alpha-Carotene (provitamin A carotenoid)	60 mcg
Beta-Cryptoxanthin (provitamin A carotenoid)	109 mcg
Lutein + Zeaxanthin	268 mcg
Lycopene	6707 mcg

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Minerals

Calcium	168 mg
Phosphorus	365 mg
Magnesium	120 mg
Iron	7.166 mg
Zinc	5.949 mg
Copper	0.737 mg
Manganese	2.630 mg
Selenium	65.412 mcg
Sodium	382 mg
Potassium	909 mg

Fatty Acids

SFA 4:0 (butyric acid)	0.000 g
SFA 6:0 (caproic acid)	0.026 g
SFA 8:0 (caprylic acid)	0.367 g
SFA 10:0 (capric acid)	0.292 g
SFA 12:0 (lauric acid)	2.262 g
SFA 14:0 (myristic acid)	0.912 g
SFA 16:0 (palmitic acid)	1.204 g
SFA 17:0 (margaric acid)	0.003 g
SFA 18:0 (stearic acid)	0.379 g
SFA 20:0 (arachidic acid)	0.013 g
SFA 22:0 (behenic acid)	0.012 g
MUFA 14:1 (myristoleic acid)	0.000 g
MUFA 16:1 (palmitoleic acid)	0.012 g
MUFA 18:1 (oleic acid)	1.661 g
MUFA 20:1 (gadoleic acid)	0.017 g
MUFA 22:1 (erucic acid)	0.000 g
PUFA 18:2 (linoleic acid, undifferentiated)	3.890 g
PUFA 18:2 n-6 (linoleic acid [LA])	3.793 g
PUFA 18:3 (linolenic acid, undifferentiated)	0.161 g
PUFA 18:3 n-3 (alpha-linolenic acid [ALA])	0.161 g
PUFA 18:3 n-6 (gamma-linolenic acid [GLA])	0.000 g
PUFA 18:4 (parinaric acid)	0.000 g
PUFA 20:4 (arachidonic acid, undifferentiated)	0.000 g
PUFA 20:4 n-6 (arachidonic acid [AA])	0.000 g
PUFA 20:5 n-3 (eicosapentaenoic acid [EPA])	0.000 g
PUFA 22:5 n-3 (docosapentaenoic acid [DPA])	0.000 g
PUFA 22:6 n-3 (docosahexaenoic acid [DHA])	0.000 g
TRANS 16:1 (trans-hexadecenoic acid)	0.000 g
TRANS 18:1 (trans-octadecenoic acid)	0.003 g
TRANS 18:2 (trans-octadecadienoic acid)	0.019 g

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Fatty Acids

CLA cis-9, trans-11	0.000 g
CLA trans-10, cis-12	0.000 g

Amino Acids

Tryptophan	0.292 g
Threonine	0.744 g
Isoleucine	0.995 g
Leucine	1.642 g
Lysine	0.981 g
Methionine	0.329 g
Cystine	0.370 g
Phenylalanine	1.159 g
Tyrosine	0.717 g
Valine	1.021 g
Arginine	1.294 g
Histidine	0.568 g
Alanine	0.849 g
Aspartic Acid	2.053 g
Glutamic Acid	6.520 g
Glycine	0.893 g
Proline	1.796 g
Serine	1.145 g

Isoflavones and Similar

Daidzein	3.974 mg
Genistein	8.126 mg
Glycitein	1.101 mg
Coumestrol	0.000 mg
Biochanin A	0.000 mg
Formononetin	0.000 mg
Total Lignans	148.382 mcg
Secoisolariciresinol	23.777 mcg
Matairesinol	1.106 mcg
Lariciresinol	96.257 mcg
Pinoresinol	26.626 mcg

Sugar Alcohols (polyols)

Erythritol	0.000 g
Inositol	0.018 g
Isomalt	0.000 g
Lactitol	0.000 g
Maltitol	0.000 g
Mannitol	0.167 g

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Sugar Alcohols (polyols)

Pinitol	0.001 g
Sorbitol	0.007 g
Xylitol	0.001 g

Other

Acesulfame Potassium	0.000 mg
Aspartame	0.000 mg
Saccharin	0.000 mg
Sucralose	0.000 mg
Tagatose	0.000 mg
Caffeine	0 mg
Phytic Acid	762.310 mg
Oxalic Acid	46.082 mg
3-Methylhistidine	0.000 mg
Sucrose Polyester	0.000 g
Choline	49.640 mg
Betaine	53.774 mg
Glycemic Index (glucose reference)	46
Glycemic Index (bread reference)	66
Glycemic Load (glucose reference)	25
Glycemic Load (bread reference)	35
Nitrogen	3.902 g
Ash	3.242 g
Water	300.494 g
Grams	406.032 g

User Nutrients

User Nutrient 1	0.000000 mg
User Nutrient 2	0.000000 mg
User Nutrient 3	0.000000 mg
User Nutrient 4	0.000000 mg
User Nutrient 5	0.000000 mg
User Nutrient 6	0.000000 mg
User Nutrient 7	0.000000 mg
User Nutrient 8	0.000000 mg
User Nutrient 9	0.000000 mg
User Nutrient 10	0.000000 mg
User Nutrient 11	0.000000 mg
User Nutrient 12	0.000000 mg
User Nutrient 13	0.000000 mg
User Nutrient 14	0.000000 mg
User Nutrient 15	0.000000 mg
User Nutrient 16	0.000000 mg

Main Folder

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User Nutrients

User Nutrient 17	0.000000 mg
User Nutrient 18	0.000000 mg
User Nutrient 19	0.000000 mg
User Nutrient 20	0.000000 mg

Note: DSAM nutrients are not included in these totals. Nutrient totals may not equal the sum of their parts. (Refer to the NDSR User Manual.)