ADD FOOD | ADD EXERCISE | ADD BIOMETRIC | ADD NOTE

Description	Amount	Unit	Calories
Quinoa Black Bean Chili (Vegan)	4	Cup	434.71
So Delicious, Coconut Milk, Unsweetened	1	cup	50
Vegan Miso Ramen	3	Cup	951.84
Water, tap, drinking	2	liter	0
walking, 4.0 mph, level, firm surface, very brisk pace	60	minutes	-314.34
walking, 3.5 mph, level, brisk, firm surface, walking for exercise	45	minutes	-194.5

Calories Summary



For your weight goal you must burn 190 more calories today

Nutrient Targets



General			
Energy	1436.5	kcal	94%
Water	2441.9	g	90%

Carbohydrates			
Carbs	203.5	g	157%
Fiber	39.9	g	160%
Starch	115.0	g	No Target
Sugars	27.8	g	No Target

Lipids			
Fat	44.8	g	69%
Monounsaturated	13.6	g	No Target
Polyunsaturated	11.3	g	No Target
Omega-3	0.4	g	40%
Omega-6	10.4	g	86%
Saturated	11.4	g	n/a
Trans-Fats	0.1	g	0.112 g
Cholesterol	0.0	mg	n/a

Protein			
Protein	70.0	g	152%
Cystine	0.3	g	110%
Histidine	0.7	g	98%
Isoleucine	1.2	g	79%
Leucine	2.1	g	70%
Lysine	1.7	g	77%
Methionine	0.4	g	54%
Phenylalanine	1.4	g	150%
Threonine	1.1	g	100%
Tryptophan	0.3	g	112%
Tyrosine	0.8	g	89%
Valine	1.5	g	75%

Vitamins			
B1 (Thiamine)	1.9	mg	171%
B12 (Cobalamin)	3.0	µg	126%
B2 (Riboflavin)	2.0	mg	181%
B3 (Niacin)	16.4	mg	117%
B5 (Pantothenic Acid)	2.4	mg	48%
B6 (Pyridoxine)	1.8	mg	137%
Folate	467.3	µg	117%
Vitamin A	21705.8	IU	930%
Vitamin C	94.6	mg	126%
Vitamin D	129.5	IU	65%
Vitamin E	8.4	mg	56%
Vitamin K	61.4	µg	68%

Minerals			
Calcium	489.5	mg	49%
Copper	2.1	mg	237%
Iron	57.3	mg	318%
Magnesium	549.9	mg	177%
Manganese	2.8	mg	155%
Phosphorus	1189.0	mg	170%
Potassium	2340.9	mg	50%
Selenium	24.1	µg	44%
Sodium	7205.3	mg	480%
Zinc	30.7	mg	364%