

Main Nutritional Database (All vitamins and minerals are in % DV)

Food >>>>	Spinach	Mushrooms	Eggs	Olive Oil	Coffee (black)	Heavy Cream	Milk (Whole)	Blueberries	Cheese (cheddar)	Sardines	Avocado	Nut Thins	Broccoli Sprouts	Triple Cream Brie
Serving Size	1	1	1	1	1	1	1	1	1	1	1	1/4	1	1
Serving Units	cup	medium	large	tsp	cup	tbsp	cup	cup	oz	can (92g)	avg size	box	cup	oz
Calories	7	4	77	39.8	2.4	51.8	146	84.4	113	191	322	130	35	120
Fat grams	0.1	0.1	5.3	4.5	0	5.6	7.9	0.5	9.3	10.5	29.5	3.5	0.5	12
Omega 3 (mg)	41.4	0	39	34.2	0	80.7	183	85.8	102	1362	221			
Omega 6 (mg)	7.8	25	594	439	2.4	125	293	130	162	3260	3396			
Carb grams	1	0.6	0.6	0	0	0.4	12.8	21.4	0.4	0	17.1	22	5	0
Protein grams	0.9	0.6	6.3	0	0.3	0.3	7.9	1.1	7	22.7	4	3	2	4
Sugar grams	0.1	0.3	0.6	0	0	0	12.8	14.7	0.1	0	1.3	0	0	0
Fiber grams	0.7	0.2	0	0	0	0	0	3.6	0	0	13.5	2	4	0
A	56	0	6	0	0	4	5	2	6	2	6	0	10	4
C	14	1	0	0	0	0	0	24	0	0	33	0	60	0
D	0	1	0	0	0	2	24	0	1	63	0			0
E	3	0	3	3	0	1	1	4	0	9	21			0
K	181	0	0	3	0	1	1	36	1	3	53			1
Thiamin	2	1	2	0	2	0	7	4	1	5	9			1
Riboflavin	3	4	15	0	11	1	26	4	6	12	15			9
Niacin	3	3	0	0	2	0	1	3	0	24	17			1
B6	3	1	3	0	0	0	4	4	1	8	26			3
Folate	15	1	5	0	1	0	3	2	1	3	41			5
B12	0	0	9	0	0	0	18	0	4	137	0			8
Pantothenic Acid	0	3	7	0	6	0	9	2	1	6	28			2
Calcium	3	0	2	0	0	1	28	1	20	35	2	2	6	10
Iron	5	0	3	0	0	0	0	2	1	15	6	4	4	1
Magnesium	6	0	1	0	2	0	6	2	2	9	15			1
Phosphorus	1	2	9	0	1	1	22	2	14	45	10			5
Potassium	5	2	2	0	3	0	10	3	1	10	28			1
Sodium	1	0	3	0	0	0	4	0	7	19	1			7
Zinc	1	1	4	0	0	0	7	2	6	8	9			4
Copper	2	3	0	0	0	0	1	4	0	9	19			0
Manganese	13	0	1	0	3	0	0	25	0	5	14			0
Selenium	0	2	22	0	0	0	13	0	6	69	1			6
Cholesterol (mg)	0	0	212	0	0	20.6	24.4	0	29.4	131	0			28

Food >>>>	Asiago	Carrots (baby)	Broccoli	Cauliflower	Pesto	Shrimp	Sweet potatoes	Asparagus	Portabello Mush	Goat Cheese	Almonds (w/salt)	Walnuts	Macadamia Nuts	Pistachios (w/salt)
Serving Size	1	1	1	1	2	1	1	1	1	1	1	1	1	1
Serving Units	oz	carrot	cup	cup	tbsp	oz	medium	spear	piece	oz	cup	cup	cup	cup
Calories	110	5.3	19.9	25	150	27.7	105	3.2	21.8	75	824	773	962	699
Fat grams	9	0	0	0.1	16	0.3	0.2	0	0.2	5.9	72.9	73.7	102	56.5
Omega 3 (mg)	102	1.2	91.6	37		97.2	6.8	1.6	0.8	0	0	2508	276	322
Omega 6 (mg)	162	8.6	27	11		5.9	103	6.4	63	140	17455	41339	1737	16772
Carb grams	0	1.2	3.7	5.3	1	0	24.4	0.6	4.3	0.2	26.6	12.4	19.1	32.9
Protein grams	7	0.1	2.1	2	2	5.9	2.3	0.4	2.1	5.2	30.5	30.1	10.6	26.3
Sugar grams	0	0.7	0	2.4	0	0	12.6	0.3	1.5	0.2	6.8	1.4	6.1	9.6
Fiber grams	0	0.4	2.4	2.5	1	0	3.8	0.3	1.3	0	16.3	8.5	11.5	12.7
A	6	41	43	0	4	1	438	2	0	6	0	1	0	6
C	0	1	110	77	0	1	37	1	0	0	0	4	3	5
D	1	0	0	0		0	0	0	0	0	0	0	0	0
E	0	0	0	0		2	4	1	0	0	179	11	4	12
K	1	2	0	20		0	3	8	0	1	0	4	0	20
Thiamin	1	0	3	4		1	8	2	4	1	7	5	107	69
Riboflavin	6	0	5	4		1	7	1	24	6	70	10	13	11
Niacin	0	0	2	3		4	8	1	19	1	27	3	17	9
B6	1	1	6	11		2	16	1	4	4	9	36	18	78
Folate	1	1	13	14		0	2	2	5	1	11	10	4	15
B12	4	0	0	0		7	0	0	1	1	0	0	0	0
Pantothenic Acid	1	1	4	7		1	10	0	13	2	3	21	10	6
Calcium	20	0	3	2	4	1	4	0	1	4	37	8	11	14
Iron	1	1	3	2	2	5	4	2	3	3	35	22	27	29
Magnesium	2	0	4	4		2	8	1	2	1	99	63	44	37
Phosphorus	14	0	5	4		4	6	1	11	7	67	64	25	60
Potassium	1	1	7	9		1	15	1	12	0	29	19	14	37
Sodium	7	0	1	1	13	3	12	0	0	4	19	0	0	21
Zinc	6	0	2	2		3	2	1	3	2	33	28	12	19
Copper	0	1	2	2		3	9	2	17	10	81	85	51	81
Manganese	0	1	8	8		0	28	1	6	1	181	243	277	78
Selenium	6	0	3	1		16	0	1	13	1	6	30	7	16
Cholesterol (mg)	25	0	0	0	5	54.6	0	0	0	12.9	0	0	0	0

Food >>>>	Port	Chocolate 92%	Chocolate (42%)
Serving Size	5	1	4
Serving Units	oz	oz (3 sq)	squares
Calories	125	190	200
Fat grams	0	20	12
Omega 3 (mg)		9.5	32
Omega 6 (mg)		341	420
Carb grams	4	10	22
Protein grams	0	3	2
Sugar grams	1	2	21
Fiber grams	0	4	1
A		0	0
C		0	0
D		0	0
E		0	0
K		3	3
Thiamin		1	0
Riboflavin		1	1
Niacin		1	1
B6		1	1
Folate		0	0
B12		1	1
Pantothenic Acid		1	1
Calcium		2	2
Iron		8	6
Magnesium		16	10
Phosphorus		9	6
Potassium	4	6	4
Sodium	0	0	0
Zinc		6	4
Copper		25	14
Manganese		27	20
Selenium		3	1
Cholesterol (mg)		0.6	2.2