

# Brewer's Yeast (Lewis Labs) 2 Tablespoons

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Serving size: 100 grams

<https://nutritiondata.self.com/facts/custom/1323569/2>

## FOOD SUMMARY

Nutrition facts label for Brewer's Yeast (Lewis Labs) 2 Tablespoons

This feature requires Flash player to be installed in your browser. [Download](#) the player here.  
[Download Printable Label Image](#)

### Nutritional Target Map [What is this?](#)

Nutritional Target Map for Brewer's Yeast (Lewis Labs) 2 Tablespoons

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3.8	
3.8	
Fullness Factor	ND Rating

### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Brewer's Yeast (Lewis Labs) 2 Tablespoons

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45%	0%	55%
Carbs	Fats	Protein

### NutritionData's Opinion [What is this?](#)

- Weight loss: ★★★★★
- Optimum health: ★★★★★
- Weight gain: ★★★★★

**The good:** This food is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Folate and Potassium, and a very good source of Dietary Fiber, Thiamin, Riboflavin, Niacin, Vitamin B6, Copper and Selenium.

Estimated Glycemic Load

12

0 250

Typical target total is 100/day or less

[What is this?](#)

## NUTRIENT BALANCE

Nutrient Balance Indicator for Brewer's Yeast (Lewis Labs) 2 Tablespoons

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52
Completeness Score

[What is this?](#)

## PROTEIN QUALITY

Protein Quality for Brewer's Yeast (Lewis Labs) 2 Tablespoons

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NA
Amino Acid Score

[What is this?](#)

This listing does not contain enough data on individual amino acids to determine protein quality.

## NUTRITION INFORMATION

Amounts per 100 grams

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	387 (1620 kJ)	19%
From Carbohydrate	173 (724 kJ)	
From Fat	0.0 (0.0 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	53.3 g	107%

[More details](#)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	387 (1620 kJ)	19%
From Carbohydrate	173 (724 kJ)	
From Fat	0.0 (0.0 kJ)	
From Protein	213 (892 kJ)	
From Alcohol	~ (0.0 kJ)	

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	53.3 g	107%

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	0.0 IU	0%
Vitamin C	0.0 mg	0%
Vitamin D	0.0 IU	0%
Vitamin E (Alpha Tocopherol)	0.0 mg	0%
Vitamin K	~	~
Thiamin	4.0 mg	267%
Riboflavin	5.1 mg	300%
Niacin	33.3 mg	167%
Vitamin B6	2.7 mg	133%
Folate	200 mcg	50%
Vitamin B12	1.0 mcg	17%
Pantothenic Acid	2.0 mg	20%
Choline	~	
Betaine	~	

[More details ▼](#)

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	43.3 g	14%
Dietary Fiber	20.0 g	80%
Starch	~	
Sugars	0.0 g	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.0 g	0%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	~	
Polyunsaturated Fat	~	
Total trans fatty acids	0.0 g	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	~	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	0.0 mg	0%
Iron	3.6 mg	20%
Magnesium	107 mg	27%
Phosphorus	0.0 mg	0%
Potassium	2110 mg	60%
Sodium	210 mg	9%
Zinc	5.0 mg	33%
Copper	3.3 mg	167%
Manganese	~	~
Selenium	210 mcg	300%
Fluoride	~	

### Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	~	

[More details ▼](#)

### Other

Amounts Per Selected Serving		%DV
Alcohol	~	
Water	~	
Ash	~	
Caffeine	~	