



Asian Salad

Nutrient Analysis
Source: Custom

Yield: 1 (1.000 serving(s))
No. Ingredients: 5

Category: Basic Food
Manufacturer: (None)

Nutrient Goal Template:
DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	225.907	g		
Kilocalories	143.261	kcal	2000.000	7 %
Protein	5.100	g	50.000	10 %
Carbohydrate	16.521	g	300.000	6 %
Fat, Total	7.696	g	65.000	12 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	0.612	g	20.000	3 %
Monounsaturated Fat	4.665	g		
Polyunsaturated Fat	1.926	g		
MFA 18:1, Oleic	4.624	g		
PFA 18:2, Linoleic	1.807	g		
PFA 18:3, Linolenic	0.106	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid				
Sodium	12.319	mg	2400.000	1 %
Potassium	513.012	mg	3500.000	15 %
Vitamin A (RE)	657.468	RE		
Vitamin A (IU)	6574.686	IU	5000.000	131 %
Vitamin A (RAE)	328.850	µg		
Beta-Carotene	3652.067	µg		
Alpha-Carotene	90.243	µg		
Lutein (+ Zeaxanthin)	2064.113	µg		
Beta-Cryptoxanthin	495.643	µg		
Lycopene	0.000	µg		
Vitamin C	90.848	mg	60.000	151 %
Calcium	80.177	mg	1000.000	8 %
Iron	1.820	mg	18.000	10 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)	0.037	mg	20.000	0 %
Vitamin E (IU)	0.055	IU	30.000	0 %
Alpha-Tocopherol	4.353	mg		
Thiamin	0.156	mg	1.500	10 %
Riboflavin	0.232	mg	1.700	14 %
Niacin	1.459	mg	20.000	7 %
Pyridoxine (Vitamin B6)	0.257	mg	2.000	13 %
Folate (Total)	144.477	µg	400.000	36 %
Folate (DFE)	144.477	µg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin	2.520	µg	300.000	1 %
Pantothenic Acid	0.346	mg	10.000	3 %
Vitamin K	88.040	µg	80.000	110 %

Nutrient	Value	Unit	Goal	%
Phosphorus	116.316	mg	1000.000	12 %
Iodine		µg	150.000	
Magnesium	65.406	mg	400.000	16 %
Zinc	1.138	mg	15.000	8 %
Copper	0.240	mg	2.000	12 %
Manganese	0.553	mg	2.000	28 %
Selenium	1.152	µg	70.000	2 %
Fluoride		µg		
Chromium	0.015	mg	0.120	13 %
Molybdenum	1.500	µg	75.000	2 %
Dietary Fiber, Total	5.011	g	25.000	20 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.663	g		
Sugar, Total	9.987	g		
Glucose	1.743	g		
Galactose	0.000	g		
Fructose	1.771	g		
Sucrose	1.023	g		
Lactose	0.000	g		
Maltose	0.019	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate		g		
Tryptophan	44.067	mg		
Threonine	154.397	mg		
Isoleucine	155.289	mg		
Leucine	297.314	mg		
Lysine	172.580	mg		
Methionine	49.976	mg		
Cystine	56.287	mg		
Phenylalanine	250.309	mg		
Tyrosine	106.616	mg		
Valine	188.611	mg		
Arginine	439.094	mg		
Histidine	115.690	mg		
Alanine	220.788	mg		
Aspartic Acid	660.397	mg		
Glutamic Acid	1008.187	mg		
Glycine	300.635	mg		
Proline	204.243	mg		
Serine	217.770	mg		
Moisture	195.228	g		
Ash	1.386	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	13.1%
Carbohydrate	42.4%
Fat, total	44.5%
Alcohol	0.0%