



Vera Cruz Dressing

Nutrient Analysis
Source: Custom

Yield: 515 (1.000 fluid ounce(s))
No. Ingredients: 7

Category: Basic Food
Manufacturer: (None)

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

Nutrient	Value	Unit	Goal	%
Weight	26.478	g		
Kilocalories	2.024	kcal	2000.000	0 %
Protein	0.079	g	50.000	0 %
Carbohydrate	0.408	g	300.000	0 %
Fat, Total	0.046	g	65.000	0 %
Alcohol	0.000	g		
Cholesterol	0.000	mg	300.000	0 %
Saturated Fat	0.005	g	20.000	0 %
Monounsaturated Fat	0.005	g		
Polyunsaturated Fat	0.014	g		
MFA 18:1, Oleic	0.005	g		
PFA 18:2, Linoleic	0.012	g		
PFA 18:3, Linolenic	0.001	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.000	g		
Trans Fatty Acid	0.000	g		
Sodium	13.105	mg	2400.000	1 %
Potassium	5.308	mg	3500.000	0 %
Vitamin A (RE)	8.236	RE		
Vitamin A (IU)	73.350	IU	5000.000	1 %
Vitamin A (RAE)	3.561	µg		
Beta-Carotene	32.947	µg		
Alpha-Carotene	2.544	µg		
Lutein (+ Zeaxanthin)	7.108	µg		
Beta-Cryptoxanthin	8.168	µg		
Lycopene	0.025	µg		
Vitamin C	0.533	mg	60.000	1 %
Calcium	3.011	mg	1000.000	0 %
Iron	0.043	mg	18.000	0 %
Vitamin D (ug)	0.000	µg	10.000	0 %
Vitamin D (IU)	0.000	IU	400.000	0 %
Vitamin E (mg)			20.000	
Vitamin E (IU)			30.000	
Alpha-Tocopherol	0.051	mg		
Thiamin	0.001	mg	1.500	0 %
Riboflavin	0.002	mg	1.700	0 %
Niacin	0.019	mg	20.000	0 %
Pyridoxine (Vitamin B6)	0.008	mg	2.000	0 %
Folate (Total)	0.197	µg	400.000	0 %
Folate (DFE)	0.197	µg		
Cobalamin (Vitamin B12)	0.000	µg	6.000	0 %
Biotin			300.000	
Pantothenic Acid	0.002	mg	10.000	0 %
Vitamin K	0.266	µg	80.000	0 %

Nutrient	Value	Unit	Goal	%
Phosphorus	0.804	mg	1000.000	0 %
Iodine		µg	150.000	
Magnesium	0.346	mg	400.000	0 %
Zinc	0.007	mg	15.000	0 %
Copper	0.001	mg	2.000	0 %
Manganese	0.006	mg	2.000	0 %
Selenium	0.033	µg	70.000	0 %
Fluoride	1.141	µg		
Chromium	0.000	mg	0.120	0 %
Molybdenum		µg	75.000	
Dietary Fiber, Total	0.113	g	25.000	0 %
Soluble Fiber		g		
Insoluble Fiber		g		
Crude Fiber	0.040	g		
Sugar, Total	0.187	g		
Glucose	0.004	g		
Galactose	0.000	g		
Fructose	0.009	g		
Sucrose	0.001	g		
Lactose	0.000	g		
Maltose	0.000	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	0.109	mg		
Threonine	0.259	mg		
Isoleucine	0.358	mg		
Leucine	0.509	mg		
Lysine	0.451	mg		
Methionine	0.126	mg		
Cystine	0.107	mg		
Phenylalanine	0.302	mg		
Tyrosine	0.134	mg		
Valine	0.481	mg		
Arginine	1.047	mg		
Histidine	0.187	mg		
Alanine	0.218	mg		
Aspartic Acid	0.808	mg		
Glutamic Acid	1.329	mg		
Glycine	0.330	mg		
Proline	0.165	mg		
Serine	0.314	mg		
Moisture	22.502	g		
Ash	0.017	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	13.3%
Carbohydrate	69.1%
Fat, total	17.5%
Alcohol	0.0%