

Nutrient Analysis

Chicken, Creole (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Chicken, Creole (NEW)

Macro Nutrients

Calories: 518 Kcal
 Protein: 52.96 gm
 Carbohydrates: 36.10 gm
 Total Fat: 18.10 gm
 Monounsaturat: Fat: 7.99 gm
 Polyunsaturat Fat: 3.85 gm
 Saturat: Fat: 4.24 gm
 Trans Fat: 0.00 gm
 Water: 539 ml
 Total Sugar: 10.33 gm
 Total Dietary Fiber: 7.53 gm
 Insoluble Fiber: 5.06 gm
 Cholesterol: 146 mg
 Alcohol: 0.00 gm
 Caffeine: 0.00 mg

Minerals

Calcium: 124.40 mg
 Magnesium: 128.18 mg
 Phosphorus: 456.41 mg
 Potassium: 1,280.93 mg
 Sodium: 637.08 mg
 Copper: 0.420 mg
 Iron: 5.06 mg
 Manganese: 1.540 mg
 Zinc: 4.330 mg

Vitamins

Vitamin A: 0.00 RE
 Vitamin E: 3.64 mg
 Thiamin (B1): 0.34 mg
 Riboflavin (B2): 0.54 mg
 Niacin (B3): 15.87 mg
 Vitamin B6: 1.30 mg
 Vitamin B12: 0.46 mcg
 Folicin: 102.58 mcg
 Pantothenic Acid: 2.34 mg
 Vitamin C: 138.96 mg
 Vitamin D: 0.00 IU
 Vitamin K: 0.00 mcg

Other Information

Calories from Carbohydrates: 28%
 Calories from Fat: 31%
 Calories from Protein: 41%
 Poly/Sat Fat: 0.91:1
 Sodium/Potassium: 0.50:1
 Calcium/Phosphorus: 0.27:1

Essential Amino Acids

Histidine: 1.54 gm
 Isoleucine: 2.65 gm
 Leucine: 3.83 gm
 Lysine: 4.20 gm
 Methionine: 1.34 gm
 Phenylalanine: 2.15 gm
 Threonine: 2.19 gm
 Tryptophan: 0.61 gm
 Valine: 2.57 gm

Other Amino Acids

Alanine: 2.79 gm
 Arginine: 3.17 gm
 Aspartic Acid: 5.04 gm
 Cystine: 0.67 gm
 Glutamic Acid: 8.52 gm
 Glycine: 2.50 gm
 Proline: 2.13 gm
 Serine: 1.86 gm
 Tyrosine: 1.71 gm

Fatty Acids

Linoleic: 3.32 gm
 Oleic: 7.18 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks