

Nutrient Analysis

Sausage, Chicken Apple and Sage (NEW)2

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description :

Macro Nutrients

Calories:	932 Kcal
Protein:	100.21 gm
Carbohydrates:	68.35 gm
Total Fat:	28.76 gm
Monounsaturat: Fat:	11.12 gm
Polyunsaturat Fat:	6.41 gm
Saturated Fat:	7.47 gm
Trans Fat:	0.00 gm
Water:	534 ml
Total Sugar:	29.92 gm
Total Dietary Fiber:	13.63 gm
Insoluble Fiber:	6.20 gm
Cholesterol:	293 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	188.09 mg
Magnesium:	157.92 mg
Phosphorus:	781.48 mg
Potassium:	1,412.01 mg
Sodium:	266.83 mg
Copper:	0.520 mg
Iron:	6.20 mg
Manganese:	2.240 mg
Zinc:	7.550 mg

Vitamins

Vitamin A:	4.65 RE
Vitamin E:	2.09 mg
Thiamin (B1):	0.54 mg
Riboflavin (B2):	0.74 mg
Niacin (B3):	26.81 mg
Vitamin B6:	1.47 mg
Vitamin B12:	0.92 mcg
Folacin:	71.21 mcg
Pantothenic Acid:	3.88 mg
Vitamin C:	83.37 mg
Vitamin D:	0.00 IU
Vitamin K:	3.12 mcg

Other Information

Calories from Carbohydrates:	29%
Calories from Fat:	28%
Calories from Protein:	43%
Poly/Sat Fat:	0.86:1
Sodium/Potassium:	0.19:1
Calcium/Phosphorus:	0.24:1

Essential Amino Acids

Histidine:	3.01 gm
Isoleucine:	5.13 gm
Leucine:	7.40 gm
Lysine:	8.26 gm
Methionine:	2.67 gm
Phenylalanine:	3.99 gm
Threonine:	4.11 gm
Tryptophan:	1.17 gm
Valine:	4.94 gm

Other Amino Acids

Alanine:	5.37 gm
Arginine:	6.15 gm
Aspartic Acid:	9.06 gm
Cystine:	1.34 gm
Glutamic Acid:	15.26 gm
Glycine:	4.94 gm
Proline:	4.12 gm
Serine:	3.51 gm
Tyrosine:	3.31 gm

Fatty Acids

Linoleic:	5.38 gm
Oleic:	9.61 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks