

# Nutrient Analysis

## Chicken, Burrito in a Bowl (N2)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description :

### Macro Nutrients

Calories:	623 Kcal
Protein:	60.44 gm
Carbohydrates:	62.41 gm
Total Fat:	13.69 gm
Monounsat: Fat:	4.89 gm
Polyunsat Fat:	3.28 gm
Saturated Fat:	3.63 gm
Trans Fat:	0.00 gm
Water:	397 ml
Total Sugar:	6.48 gm
Total Dietary Fiber:	10.81 gm
Insoluble Fiber:	5.71 gm
Cholesterol:	146 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	149.69 mg
Magnesium:	191.49 mg
Phosphorus:	610.18 mg
Potassium:	1,556.36 mg
Sodium:	679.94 mg
Copper:	0.720 mg
Iron:	5.71 mg
Manganese:	1.990 mg
Zinc:	5.050 mg

### Vitamins

Vitamin A:	4.84 RE
Vitamin E:	1.92 mg
Thiamin (B1):	0.62 mg
Riboflavin (B2):	0.53 mg
Niacin (B3):	16.23 mg
Vitamin B6:	1.33 mg
Vitamin B12:	0.46 mcg
Folacin:	313.72 mcg
Pantothenic Acid:	2.86 mg
Vitamin C:	106.79 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

### Other Information

Calories from Carbohydrates:	41%
Calories from Fat:	20%
Calories from Protein:	39%
Poly/Sat Fat:	0.90:1
Sodium/Potassium:	0.44:1
Calcium/Phosphorus:	0.25:1

### Essential Amino Acids

Histidine:	1.76 gm
Isoleucine:	2.95 gm
Leucine:	4.41 gm
Lysine:	4.68 gm
Methionine:	1.45 gm
Phenylalanine:	2.50 gm
Threonine:	2.44 gm
Tryptophan:	0.70 gm
Valine:	2.90 gm

### Other Amino Acids

Alanine:	3.08 gm
Arginine:	3.52 gm
Aspartic Acid:	5.65 gm
Cystine:	0.72 gm
Glutamic Acid:	8.99 gm
Glycine:	2.77 gm
Proline:	2.51 gm
Serine:	2.28 gm
Tyrosine:	1.86 gm

### Fatty Acids

Linoleic:	2.69 gm
Oleic:	4.15 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks