

Nutrient Analysis

Shrimp, Cilantro Lime Salad (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Shrimp, Cilantro Lime Salad (NEW)

Macro Nutrients

Calories:	534 Kcal
Protein:	37.30 gm
Carbohydrates:	57.09 gm
Total Fat:	19.35 gm
Monounsat: Fat:	10.89 gm
Polyunsat Fat:	3.44 gm
Saturated Fat:	2.55 gm
Trans Fat:	0.01 gm
Water:	411 ml
Total Sugar:	12.24 gm
Total Dietary Fiber:	15.30 gm
Insoluble Fiber:	5.41 gm
Cholesterol:	214 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Minerals	
Calcium:	246.17 mg
Magnesium:	147.98 mg
Phosphorus:	713.35 mg
Potassium:	1,322.27 mg
Sodium:	1,052.57 mg
Copper:	0.990 mg
Iron:	5.41 mg
Manganese:	1.790 mg
Zinc:	4.270 mg

Vitamins

Vitamin A:	14.36 RE
Vitamin E:	5.60 mg
Thiamin (B1):	0.43 mg
Riboflavin (B2):	0.26 mg
Niacin (B3):	5.46 mg
Vitamin B6:	0.83 mg
Vitamin B12:	1.89 mcg
Folacin:	406.08 mcg
Pantothenic Acid:	2.03 mg
Vitamin C:	48.49 mg
Vitamin D:	0.00 IU
Vitamin K:	5.10 mcg

Other Information

Calories from Carbohydrates:	39%
Calories from Fat:	33%
Calories from Protein:	28%
Poly/Sat Fat:	1.35:1
Sodium/Potassium:	0.80:1
Calcium/Phosphorus:	0.35:1

Essential Amino Acids

Histidine:	0.88 gm
Isoleucine:	1.64 gm
Leucine:	2.92 gm
Lysine:	3.08 gm
Methionine:	0.85 gm
Phenylalanine:	1.72 gm
Threonine:	1.49 gm
Tryptophan:	0.39 gm
Valine:	1.65 gm

Other Amino Acids

Alanine:	2.04 gm
Arginine:	3.48 gm
Aspartic Acid:	4.22 gm
Cystine:	0.49 gm
Glutamic Acid:	6.77 gm
Glycine:	1.93 gm
Proline:	1.62 gm
Serine:	1.59 gm
Tyrosine:	1.23 gm

Fatty Acids

Linoleic:	3.12 gm
Oleic:	10.60 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks