

Nutrient Analysis

Eggs Provencal Scramble (N2)

Serving Size : 16 Oz (453.6 gm)

Item Type : Recipe

Source Description :

Macro Nutrients

Calories:	682 Kcal
Protein:	31.54 gm
Carbohydrates:	85.95 gm
Total Fat:	24.76 gm
Monounsaturat: Fat:	10.88 gm
Polyunsaturat Fat:	4.22 gm
Saturated Fat:	7.08 gm
Trans Fat:	0.06 gm
Water:	621 ml
Total Sugar:	34.01 gm
Total Dietary Fiber:	14.36 gm
Insoluble Fiber:	5.37 gm
Cholesterol:	745 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	275.05 mg
Magnesium:	116.32 mg
Phosphorus:	558.39 mg
Potassium:	1,620.30 mg
Sodium:	421.11 mg
Copper:	0.650 mg
Iron:	5.37 mg
Manganese:	0.940 mg
Zinc:	3.570 mg

Vitamins

Vitamin A:	241.84 RE
Vitamin E:	3.93 mg
Thiamin (B1):	0.48 mg
Riboflavin (B2):	1.21 mg
Niacin (B3):	2.42 mg
Vitamin B6:	1.07 mg
Vitamin B12:	1.90 mcg
Folacin:	165.70 mcg
Pantothenic Acid:	5.55 mg
Vitamin C:	83.55 mg
Vitamin D:	123.00 IU
Vitamin K:	1.70 mcg

Other Information

Calories from Carbohydrates:	49%
Calories from Fat:	33%
Calories from Protein:	18%
Poly/Sat Fat:	0.60:1
Sodium/Potassium:	0.26:1
Calcium/Phosphorus:	0.49:1

Essential Amino Acids

Histidine:	0.72 gm
Isoleucine:	1.53 gm
Leucine:	2.46 gm
Lysine:	2.09 gm
Methionine:	0.86 gm
Phenylalanine:	1.64 gm
Threonine:	1.38 gm
Tryptophan:	0.43 gm
Valine:	1.97 gm

Other Amino Acids

Alanine:	1.74 gm
Arginine:	1.91 gm
Aspartic Acid:	3.86 gm
Cystine:	0.63 gm
Glutamic Acid:	4.17 gm
Glycine:	1.15 gm
Proline:	1.21 gm
Serine:	2.22 gm
Tyrosine:	1.13 gm

Fatty Acids

Linoleic:	3.48 gm
Oleic:	10.25 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks