

# Nutrient Analysis

## Tilapia,Grilled (N2)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description :

### Macro Nutrients

Calories:	575 Kcal
Protein:	35.86 gm
Carbohydrates:	73.70 gm
Total Fat:	17.50 gm
Monounsat: Fat:	8.34 gm
Polyunsat Fat:	3.42 gm
Saturated Fat:	3.37 gm
Trans Fat:	0.09 gm
Water:	471 ml
Total Sugar:	9.39 gm
Total Dietary Fiber:	10.45 gm
Insoluble Fiber:	3.80 gm
Cholesterol:	94 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
<b>Minerals</b>	
Calcium:	159.52 mg
Magnesium:	184.44 mg
Phosphorus:	642.51 mg
Potassium:	1,637.60 mg
Sodium:	250.43 mg
Copper:	0.530 mg
Iron:	3.80 mg
Manganese:	3.100 mg
Zinc:	3.100 mg

### Vitamins

Vitamin A:	1.22 RE
Vitamin E:	4.18 mg
Thiamin (B1):	0.49 mg
Riboflavin (B2):	0.46 mg
Niacin (B3):	8.89 mg
Vitamin B6:	1.20 mg
Vitamin B12:	4.90 mcg
Folacin:	134.44 mcg
Pantothenic Acid:	3.09 mg
Vitamin C:	203.80 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

### Other Information

Calories from Carbohydrates:	48%
Calories from Fat:	27%
Calories from Protein:	25%
Poly/Sat Fat:	1.01:1
Sodium/Potassium:	0.15:1
Calcium/Phosphorus:	0.25:1

### Essential Amino Acids

Histidine:	0.79 gm
Isoleucine:	1.52 gm
Leucine:	2.62 gm
Lysine:	2.79 gm
Methionine:	0.91 gm
Phenylalanine:	1.47 gm
Threonine:	1.61 gm
Tryptophan:	0.42 gm
Valine:	1.74 gm

### Other Amino Acids

Alanine:	1.97 gm
Arginine:	2.21 gm
Aspartic Acid:	3.62 gm
Cystine:	0.43 gm
Glutamic Acid:	5.56 gm
Glycine:	1.71 gm
Proline:	1.37 gm
Serine:	1.41 gm
Tyrosine:	1.16 gm

### Fatty Acids

Linoleic:	2.64 gm
Oleic:	7.83 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks