

Nutrient Analysis

Chicken, Jamaican Salad (NEW)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : Chicken, Jamaican Salad (NEW)

Macro Nutrients

Calories: 691 Kcal
 Protein: 64.24 gm
 Carbohydrates: 59.05 gm
 Total Fat: 22.33 gm
 Monounsaturat: Fat: 11.09 gm
 Polyunsaturat Fat: 4.21 gm
 Saturat Fat: 4.89 gm
 Trans Fat: 0.00 gm
 Water: 377 ml
 Total Sugar: 10.82 gm
 Total Dietary Fiber: 15.93 gm
 Insoluble Fiber: 7.10 gm
 Cholesterol: 146 mg
 Alcohol: 0.00 gm
 Caffeine: 0.00 mg

Minerals

Calcium: 167.93 mg
 Magnesium: 182.48 mg
 Phosphorus: 609.58 mg
 Potassium: 1,826.10 mg
 Sodium: 222.19 mg
 Copper: 0.760 mg
 Iron: 7.10 mg
 Manganese: 1.220 mg
 Zinc: 6.030 mg

Vitamins

Vitamin A: 21.76 RE
 Vitamin E: 3.28 mg
 Thiamin (B1): 0.88 mg
 Riboflavin (B2): 0.56 mg
 Niacin (B3): 16.12 mg
 Vitamin B6: 1.06 mg
 Vitamin B12: 0.46 mcg
 Folicin: 345.65 mcg
 Pantothenic Acid: 2.60 mg
 Vitamin C: 63.34 mg
 Vitamin D: 0.00 IU
 Vitamin K: 0.00 mcg

Other Information

Calories from Carbohydrates: 34%
 Calories from Fat: 29%
 Calories from Protein: 37%

Poly/Sat Fat: 0.86:1
 Sodium/Potassium: 0.12:1
 Calcium/Phosphorus: 0.28:1

Essential Amino Acids

Histidine: 1.89 gm
 Isoleucine: 3.19 gm
 Leucine: 4.80 gm
 Lysine: 5.10 gm
 Methionine: 1.52 gm
 Phenylalanine: 2.71 gm
 Threonine: 2.76 gm
 Tryptophan: 0.73 gm
 Valine: 3.17 gm

Other Amino Acids

Alanine: 3.29 gm
 Arginine: 3.95 gm
 Aspartic Acid: 6.27 gm
 Cystine: 0.82 gm
 Glutamic Acid: 9.98 gm
 Glycine: 2.94 gm
 Proline: 2.63 gm
 Serine: 2.45 gm
 Tyrosine: 2.03 gm

Fatty Acids

Linoleic: 3.51 gm
 Oleic: 10.22 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks