

# Nutrient Analysis

## Rancheros Chicken Chili (N2)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description :

### Macro Nutrients

Calories:	616 Kcal
Protein:	51.61 gm
Carbohydrates:	71.97 gm
Total Fat:	15.52 gm
Monounsat: Fat:	6.29 gm
Polyunsat Fat:	3.28 gm
Saturated Fat:	4.34 gm
Trans Fat:	0.11 gm
Water:	415 ml
Total Sugar:	8.18 gm
Total Dietary Fiber:	16.56 gm
Insoluble Fiber:	7.10 gm
Cholesterol:	146 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	190.05 mg
Magnesium:	220.60 mg
Phosphorus:	685.47 mg
Potassium:	2,793.08 mg
Sodium:	703.00 mg
Copper:	1.120 mg
Iron:	7.10 mg
Manganese:	1.480 mg
Zinc:	6.230 mg

### Vitamins

Vitamin A:	0.00 RE
Vitamin E:	1.87 mg
Thiamin (B1):	1.11 mg
Riboflavin (B2):	0.69 mg
Niacin (B3):	13.10 mg
Vitamin B6:	1.63 mg
Vitamin B12:	0.95 mcg
Folacin:	420.47 mcg
Pantothenic Acid:	3.09 mg
Vitamin C:	88.14 mg
Vitamin D:	0.00 IU
Vitamin K:	0.00 mcg

### Other Information

Calories from Carbohydrates:	44%
Calories from Fat:	23%
Calories from Protein:	34%
Poly/Sat Fat:	0.76:1
Sodium/Potassium:	0.25:1
Calcium/Phosphorus:	0.28:1

### Essential Amino Acids

Histidine:	1.44 gm
Isoleucine:	2.23 gm
Leucine:	3.91 gm
Lysine:	3.94 gm
Methionine:	1.05 gm
Phenylalanine:	2.30 gm
Threonine:	2.10 gm
Tryptophan:	0.49 gm
Valine:	2.47 gm

### Other Amino Acids

Alanine:	2.55 gm
Arginine:	3.22 gm
Aspartic Acid:	5.40 gm
Cystine:	0.55 gm
Glutamic Acid:	8.02 gm
Glycine:	2.25 gm
Proline:	1.96 gm
Serine:	2.36 gm
Tyrosine:	1.58 gm

### Fatty Acids

Linoleic:	2.71 gm
Oleic:	5.31 gm

\* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks