

Nutrient Analysis

Salad, Tabouleh & Chickpea (N2)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description : The compelling flavors of basil and mint make this dish a favorite. Quinoa, chickpeas and green onion, in a lemon/olive oil dr

Macro Nutrients

Calories:	533 Kcal
Protein:	36.87 gm
Carbohydrates:	56.52 gm
Total Fat:	19.65 gm
Monounsat: Fat:	10.98 gm
Polyunsat Fat:	3.70 gm
Saturated Fat:	2.58 gm
Trans Fat:	0.01 gm
Water:	459 ml
Total Sugar:	10.51 gm
Total Dietary Fiber:	13.96 gm
Insoluble Fiber:	6.05 gm
Cholesterol:	214 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Calcium:	230.93 mg
Magnesium:	166.71 mg
Phosphorus:	735.58 mg
Potassium:	1,276.60 mg
Sodium:	1,027.61 mg
Copper:	1.020 mg
Iron:	6.05 mg
Manganese:	1.760 mg
Zinc:	4.330 mg

Vitamins

Vitamin A:	1.94 RE
Vitamin E:	5.94 mg
Thiamin (B1):	0.42 mg
Riboflavin (B2):	0.28 mg
Niacin (B3):	5.36 mg
Vitamin B6:	0.81 mg
Vitamin B12:	1.89 mcg
Folacin:	349.16 mcg
Pantothenic Acid:	1.87 mg
Vitamin C:	52.90 mg
Vitamin D:	0.00 IU
Vitamin K:	3.83 mcg

Essential Amino Acids

Histidine:	0.87 gm
Isoleucine:	1.60 gm
Leucine:	2.86 gm
Lysine:	3.03 gm
Methionine:	0.87 gm
Phenylalanine:	1.65 gm
Threonine:	1.46 gm
Tryptophan:	0.39 gm
Valine:	1.62 gm

Other Information

Calories from Carbohydrates:	39%
Calories from Fat:	33%
Calories from Protein:	28%
Poly/Sat Fat:	1.43:1
Sodium/Potassium:	0.80:1
Calcium/Phosphorus:	0.31:1

Other Amino Acids

Alanine:	2.01 gm
Arginine:	3.37 gm
Aspartic Acid:	4.08 gm
Cystine:	0.49 gm
Glutamic Acid:	6.61 gm
Glycine:	1.91 gm
Proline:	1.61 gm
Serine:	1.53 gm
Tyrosine:	1.18 gm

Fatty Acids

Linoleic:	3.30 gm
Oleic:	10.65 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks