

Nutrient Analysis

Turkey Pizza Pie (N2)

Serving Size : 17 Oz (481.95 gm)

Item Type : Recipe

Source Description :

Macro Nutrients

Calories:	602 Kcal
Protein:	48.77 gm
Carbohydrates:	49.26 gm
Total Fat:	25.11 gm
Monounsaturat: Fat:	10.51 gm
Polyunsaturat Fat:	5.82 gm
Saturated Fat:	5.92 gm
Trans Fat:	0.00 gm
Water:	423 ml
Total Sugar:	12.44 gm
Total Dietary Fiber:	12.07 gm
Insoluble Fiber:	12.76 gm
Cholesterol:	144 mg
Alcohol:	0.00 gm
Caffeine:	0.00 mg
Minerals	
Calcium:	322.57 mg
Magnesium:	171.59 mg
Phosphorus:	512.12 mg
Potassium:	1,681.68 mg
Sodium:	400.20 mg
Copper:	0.800 mg
Iron:	12.76 mg
Manganese:	1.960 mg
Zinc:	6.290 mg

Vitamins

Vitamin A:	RE
Vitamin E:	5.13 mg
Thiamin (B1):	0.34 mg
Riboflavin (B2):	0.64 mg
Niacin (B3):	11.69 mg
Vitamin B6:	1.42 mg
Vitamin B12:	0.47 mcg
Folacin:	112.52 mcg
Pantothenic Acid:	2.27 mg
Vitamin C:	139.12 mg
Vitamin D:	IU
Vitamin K:	mcg

Other Information

Calories from Carbohydrates:	30%
Calories from Fat:	38%
Calories from Protein:	32%
Poly/Sat Fat:	0.98:1
Sodium/Potassium:	0.24:1
Calcium/Phosphorus:	0.63:1

Essential Amino Acids

Histidine:	1.39 gm
Isoleucine:	2.31 gm
Leucine:	3.72 gm
Lysine:	3.96 gm
Methionine:	1.21 gm
Phenylalanine:	1.97 gm
Threonine:	1.99 gm
Tryptophan:	44.33 gm
Valine:	2.49 gm

Other Amino Acids

Alanine:	2.87 gm
Arginine:	3.21 gm
Aspartic Acid:	4.98 gm
Cystine:	0.50 gm
Glutamic Acid:	8.69 gm
Glycine:	2.25 gm
Proline:	2.23 gm
Serine:	2.09 gm
Tyrosine:	1.71 gm

Fatty Acids

Linoleic:	5.23 gm
Oleic:	9.49 gm

* indicates 1 or more Unreported values.

Menu Analysis does NOT include Snacks