

### Chef Salad(Salad Only) BLD Recipe

Number of Servings: 1 (412.6 g per serving)

Amount	Measure	Ingredient	Comments
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#### Nutrient Analysis

<u>Nutrient</u>	<u>Value</u>
Gram Weight (g)	412.6
Calories (kcal)	278.98
Calories from Fat (kcal)	136.93
Calories from SatFat (kcal)	76.44
Protein (g)	20.91
Carbohydrates (g)	18.52
Total Dietary Fiber (g)	4.74
Total Soluble Fiber (g)	0.46
Total Sugars (g)	7.95
Monosaccharides (g)	5.74
Disaccharides (g)	1.2
Other Carbs (g)	5.28
Fat (g)	15.21
Saturated Fat (g)	8.49
Mono Fat (g)	2.75
Poly Fat (g)	0.87
Trans Fatty Acid (g)	0.17
Cholesterol (mg)	56.67
Water (g)	296.98
Vitamin A - IU (IU)	10121.06
Vitamin A - RAE (mcg)	544.66
Carotenoid RE (mcg)	969.57
Retinol RE (mcg)	59.87
Beta-Carotene (mcg)	5242.77
Vitamin B1 (mg)	0.26
Vitamin B2 (mg)	0.25
Vitamin B3 (mg)	2.89
Vitamin B3 - Niacin Equiv (mg)	6.35
Vitamin B6 (mg)	0.4
Vitamin B12 (mcg)	0.37
Biotin (mcg)	3.92
Vitamin C (mg)	78.95
Vitamin D - IU (IU)	10.16
Vitamin D - mcg (mcg)	0.25
Vitamin E - Alpha-Toco (mg)	1.02
Folate (mcg)	48.8
Folate, DFE (mcg DFE)	48.8

<u>Nutrient</u>	<u>Value</u>
Vitamin K (mcg)	52.4
Pantothenic Acid (mg)	0.92
Calcium (mg)	425.83
Chromium (mcg)	1.13
Copper (mg)	0.15
Fluoride (mg)	0.01
Iodine (mcg)	7.35
Iron (mg)	3.91
Magnesium (mg)	46.8
Manganese (mg)	0.3
Molybdenum (mcg)	15.11
Phosphorus (mg)	229.09
Potassium (mg)	635.16
Selenium (mcg)	13.46
Sodium (mg)	448.31
Zinc (mg)	1.99
Omega 3 Fatty Acid (g)	0.09
Omega 6 Fatty Acid (g)	0.76
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	37.91