

NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac
		g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg
lean pork,pam	159	320	0	12.8	4.7	48	95	49	1.36	3.2	1.8	0.45	8.38
vinegar	15 g	2	0.89	0	0	0	0.15	0.9	0.1	0	0	0	0
Sazon	1 g						170						
Adobo	1 g						350						
<b>Totals</b>	166.7	322	0.89	24.8	9	44.77	640	40.51	1.37	2.99	1.7	0.45	8.38
<b>% of the DRI</b>		16	0.3	37	135	58	21	4	13	3	142	41	60

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<b>Vit C</b> <b>mg</b>	<b>Zinc</b> <b>mg</b>	<b>Folic</b> <b>mg</b>	<b>Fiber</b> <b>g</b>
1.5	3.46	9	0
0	0	0	0
1.5	3.46	8.98	0
2	38	2	0