

NUTRIENT ANALYSIS

Food	Measure	kcal	CHO	Total Fat	Sat Fat	Pro	Na	Ca	Iron	Vit A	Thia	Rib	Niac	Vit C
		g	g	g	g	g	mg	mg	mg	mg	mg	mg	mg	mg
Fried pork ch	149.7 g	414.6	0	24.8	9	44.77	119.8	40.42	1.36	2.99	1.7	0.45	8.38	1.5
vinegar	15 g	2	0.89	0	0	0	0.15	0.9	0.1	0	0	0	0	0
Sazon	1 g						170							
Adobo	1 g						350							
Totals	166.7	416.6	0.89	24.8	9	44.77	640	40.51	1.37	2.99	1.7	0.45	8.38	1.5
% of the DRI		21	0.3	37.8	135	58	21	4	13	3	142	41	60	2

