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
Plantain	1/2 ea.	109	29	0.4	0	1.2	12	2.7	0.6	305	0.05	0.05	0.6	16.4
Corn Oil	1/2 Tbl.	60	0	6.8	0.5	0	0	0	0	0	0	0	0	0
Tomato Paste	1 Tbl.	13	3	0	0	0.7	16	5.8	0.5	73.9	0	0	0.5	3.5
Reduced Fat	2 Tbl.	50	4	4	0	0	30	0	0	0	0	0	0	0
Garlic	1 clove	4	1	0	0	0.2	0	5.4	0.1	0	0	0	0	0.9
Totals		236	37	11.2	0.5	2.1	58	13.9	1.2	378.9	0.05	0.05	1.1	20.8
% of the RDA		12	13	19	3	2	2	1	8	38	3	3	7	35
Totals														

NUTRIENT ANALYSIS

% of the DRI														

NUTRIENT ANALYSIS

Zinc	Folic	Fiber
mg	mg	g
0.1	2	19.7
0	0	0
0.1	0.7	1.9
0	0	0
0	0.1	0.1
0.2	2.8	21.7
1	11	5

NUTRIENT ANALYSIS