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	2 Tbl.	238	0	27	2	0	0	0	0	0	0	0	0	0
Ketchup	1 Tbl.	15	3.9	0.1	0	0.3	167	2.7	0.1	42	0	0.1	0.2	2.3
Mayonnaise	2 Tbl.	206	0	23.4	4	0	146	1.1	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		572	33.9	50.9	6	1.7	325	11.9	0.8	347	0.05	0.15	0.8	19.6
% of the RDA		29	12	85	38	2	11	1	5	35	3	10	5	33
Totals														

NUTRIENT ANALYSIS

% of the DRI														

NUTRIENT ANALYSIS

Zinc	Folic	Fiber
mg	mg	g
0.1	2	19.7
0	0	0
0	0.1	1.5
0	0	0
0	0.1	0.1
0.1	2.2	21.3
1	9	5

NUTRIENT ANALYSIS