

NUTRIENT ANALYSIS

Food	Measure	kcal g	CHO g	Total Fat g	Sat Fat g	Pro g	Na mg	Ca mg	Iron mg	Vit A mg	Thia mg	Rib mg	Niac mg	Vit C mg
Cassava	1 each	652	155.28	1.14	0.3	5.55	57.12	65.28	1.1	4.08	0.35	0.2	3.48	84.05
Plantain	1 cup	148	47.2	0.55	0.21	1.92	5.92	4.44	0.89	82.88	0.08	0.08	1.02	27.23
Green banana	2 each	210.04	53.9	0.78	0.26	2.57	2.36	11.8	0.61	7.08	0.07	0.17	6.07	20.53
Malanga	1 cup	188	47	0.4	0.1	3	427							
Olive oil	.25 cup	477	0	54	7.27	0	1.62	0.54	0.36	0	0	0	0	0
Table salt	1 tsp	0	0	0	0	0	2325	0	0	0	0	0	0	0
<b>Totals</b>		1708.8	303.38	56.87	8.14	13.05	2820	83.5	2.98	94.04	0.51	0.45	6.07	131.81
per serving		214	38	7	1.02	1.6	352.5	10.4	0.37	11.75	0.06	0.06	0.76	16.5
<b>% of the DRI</b>		10.7	14	10.5	6.67	2.13	12	1	16-37	9	42	29	34	27.5

NUTRIENT ANALYSIS

Zinc mg	Folic mg	Fiber g
1.39	110.16	7.34
0.21	32.56	3.4
0.35	47.2	6.14
		7.2
0	0	0
0	0	
1.95	189.92	24.08
0.24	23.7	3.01
5	6	12