

	recommended	Olive Oil	Thai Peanut Sauc	Total:
Macro				
calories(serving)	2000	79.6kcal	104kcal	567.7kcal
protein	46g		3.9g (8.4%)	30.2g (65.4%)
Fat			4.6g	17.5g
fiber	25g			10.7g (42.5%)
carbohydrates	130g		14.3g (1.1%)	69g (43.2%)
sugar			10.4g	16.9g
Minerals				
sodium	1500mg		975mg (65%)	1209.9mg (80.7%)
phosphorus	700mg			424.2mg (32.4%)
potassium	4700mg			1469.2mg (31.3%)
copper	900mg			
zinc	11mg			3mg (39.1%)
iron	8mg		4% (from packag	8.3mg (46.3%)
selenium	55ug			5.7ug (10.3%)
magnesium	310mg			289.8mg (92.9%)
Manganese	1.8mg			2.2mg (128.8%)
Calcium	1000mg			213.1mg (21.3%)
Vitamins				
Vit K	9ug	5.4ug (60.3%)		462.8ug (5147.3%)
Vit C	75mg		8% (from packag	23.6mg (31.5%)
Thiamin	1.1mg			0.3mg (27.9%)
Riboflavin	1.1mg			0.5mg (49.8%)
Niacin	14mg			4.5mg (31.2%)
Pyridoxine	1.3mg			0.56mg (43.7%)
B12(cobalamin)				
Vit D				
Vit A	700RAE			464ugRAE (62.3%)
Vit E				3.3mg
folate	400			86.5ug (21.6%)
choline	425mg			92.4mg (21.7%)
pantothenic acid	5mg			1.9mg (39.7%)