

# Spelt Dumplings

	recommended	Spelt Flour	Russet Potato	Zucchini	Carrot	Swiss Chard	Olive Oil	Total:
<b>Macro</b>								
calories(serving)	2000	431.2kcal	135.7kcal	20.3kcal	20.5kcal	26.2kcal	268.5kcal	633.9kcal
protein	46g	18.7g (40.6%)	2.9g (3.2%)	1.5g (3.3%)	0.4g (1%)	2.5g (5.4%)		21.4g (53.5%)
Fat		1.7g	0.8g	0.7g	0.14g	0.14g		3.5g
fiber	25g	13.2g (52.9%)	2.8g (11.2%)	1.4g (4.3%)	1.8g (7%)	2.8g (11%)		22g (86.4%)
carbohydrates	130g	89.7g (69%)	31.4g (24.2%)	3.6g (2.8%)	4.8g (3.7%)	5.4g (4.2%)		134.9g (103.9%)
sugar			0.7g	3.1g	2.7g	1.92g		8.4g
<b>Minerals</b>								
sodium	1500mg	16.9mg (1.1%)			33.9mg (2.3%)	234.9mg (15.7%)		285.7mg (19.1%)
phosphorus	700mg	509.3mg (72.7%)	38.4mg (9.8%)	49.9mg (7.1%)	17.6mg (2.5%)	43.3mg (6.2%)		658.5mg (97.8%)
potassium	4700mg	485.5mg (10.3%)	591.2mg (12.6%)	356.4mg (7.6%)	137.5mg (2.9%)	720.6mg (15.3%)		510.6mg (116.1%)
copper	900mg							
zinc	11mg	4.2mg (53%)	0.46mg (5.8%)	0.4mg (3.7%)	0.12mg (1.5%)	0.4mg (5.4%)		5.6mg (100.8%)
iron	8mg	5.7mg (31.5%)	0.5mg (2.6%)	0.5mg (6.2%)		2.9mg (16.5%)		9.6mg (56.8%)
selenium	55ug	7ug (12.7%)				1.2ug (2.1%)		8.2ug (49.1%)
magnesium	310mg	85.8mg (26.6%)	35.2mg (11%)	25.7mg (8.0%)	5.8mg (1.9%)	112.8mg (36.4%)		265.3mg (83.9%)
Manganese	1.8mg	1.9mg (106.1%)	0.2mg (12%)	0.2mg (12.9%)	0.09mg (5.0%)	0.4mg (24.3%)		2.8mg (160.3%)
Calcium	1000mg	17.5mg (1.75%)			17.6mg (1.8%)	76.1mg (7.6%)		111.2mg (11.2%)
<b>Vitamins</b>								
Vit K	9ug		3.2ug (36.4%)	5.7ug (63%)	8ug (89%)	429.6ug (4773.1%)	18.3ug (50.7%)	464.8ug (4955.2%)
Vit C	75mg		10.2mg (27%)	17.4mg (23.2%)	2.1mg (2.8%)	23.6mg (31.5%)		53.3mg (84.5%)
Thlamin	1.1mg	0.2mg (16.4%)	0.16mg (15%)	0.045mg (4.3%)	.04mg (3.5%)	0.4mg (4.1%)		0.85mg (43.3%)
Riboflavin	1.1mg	0.05mg (4.8%)	0.04mg (2.8%)	0.03mg (2.9%)	.02mg (2.3%)	0.1mg (10.3%)		0.24mg (23.1%)
Niacin	14mg	4.5mg (32.1%)	2.2mg (16.2%)	0.7mg (4.9%)	0.4mg (2.7%)	0.5mg (3.4%)		8.3mg (59.3%)
Pyridoxine	1.3mg	0.14mg (10.8%)	0.46mg (35.9%)	0.1mg (7.2%)	0.09mg (6.9%)	0.1mg (8.6%)		0.89mg (69.4%)
B12(cobalamin)								
Vit D								
Vit A	700RAE			75.6ugRAE (10.8%)	498.4ug RAE (71.1%)	401.6ug RAE (53.4%)		975.6ug (232.6%)
Vit E		0.26mg		0.22mg	0.8mg	3.3mg		4.6mg
folate	400ug	22.8ug (5.7%)	15.6ug (3.9%)	37.8mg (9.5%)	8.2mg (2%)	11.8mg (2.9%)		96.2mg (24%)
choline	425mg		21mg (5%)	12.7mg (2.9%)	5.1mg (1.2%)	37.7mg (8.9%)		76.5mg (18%)
pantothenic acid	5mg		0.8mg (16.2%)	0.4mg (7.8%)	0.1mg (2.7%)	0.2mg (4.3%)		1.5mg (31%)