

# Simple Sushi

	recommended	brown rice (long gr	Carrot Raw
<b>Macro</b>			
calories(serving)	2000	756.8kcal	79.5kcal
protein	46g	17.6g (38.2%)	1.5g (3.2%)
Fat		6.1g	0.3g
fiber	25g	12.3g (49.1%)	6.6g (26.4%)
carbohydrates	130g	156.5g (120.4%)	18.7g (14.4%)
sugar		2.4g	10.8g
<b>Minerals</b>			
sodium	1500mg		177.2mg (11.8%)
phosphorus	700mg	565.9mg (80.9%)	63.6mg (9.1%)
potassium	4700mg	293.2mg (6.2%)	538.5mg (11.5%)
copper	900mg		
zinc	11mg	4.3mg (53.7%)	0.38mg (4.8%)
iron	8mg	2.9mg (15.9%)	2.0mg (11.2%)
selenium	55ug	66.8ug (121.5%)	2.0mg (3.7%)
magnesium	310mg	293.2mg (94.6%)	22.7mg (7.3%)
Manganese	1.8mg	6.1mg (342.8%)	.34mg (19.1%)
Calcium	1000mg	68.1mg (6.8%)	72.7mg (7.3%)
<b>Vitamins</b>			
Vit K	9ug	4.1ug (45.5%)	21.4ug (237.1%)
Vit C	75mg		5.9mg (7.9%)
Thiamin	1.1mg	0.68mg (59.5%)	0.06mg (6.2%)
Riboflavin	1.1mg	0.2mg (15.5%)	0.09mg (7.4%)
Niacin	14mg	10.4mg (74.4%)	1.3mg (9%)
Pyridoxine	1.3mg	0.95mg (76%)	0.27mg (18.4%)
B12(cobalamin)			
Vit D			
Vit A	700RAE		1567.6RAE (224%)
Vit E			
folate	400	27.3mg (6.8%)	61.3ug (15.4%)
choline	425mg	62.7mg (14.7%)	17mg (4%)
pantothenic acid	5mg	1.9mg (38.9%)	0.9mg (18.2%)