

Rosemary Brown Rice

Total:

	recommended	brown rice (long gr	Carrot Raw	tomato, raw	olive oil (1tbsp)	snap peas (regular peas in a pod)	
Macro							
calories(serving)	2000	756.8kcal	79.5kcal	32.4kcal	119.3kcal	31.5kcal	1019.5kcal
protein	46g	17.6g (38.2%)	1.5g (3.2%)	1.6g (3.4%)		2.1g (4.5%)	22.8g (49.3%)
Fat		6.1g	0.3g			0.2 g	6.6g
fiber	25g	12.3g (49.1%)	6.6g (26.4%)	2.2g (8.6%)		1.9g (7.6%)	23g (91.7%)
carbohydrates	130g	156.5g (120.4%)	18.7g (14.4%)	7g (5.4%)		5.6g (4.3%)	187.8g (144.5%)
sugar		2.4g	10.8g	4.7g		2.5g	17.9g
Minerals							
sodium	1500mg		177.2mg (11.8%)				
phosphorus	700mg	565.9mg (80.9%)	63.6mg (9.1%)	43.2mg (6.2%)		38.9mg (5.6%)	672.7mg (101.8%)
potassium	4700mg	293.2mg (6.2%)	538.5mg (11.5%)	426.6mg (9.1%)		147mg (3.1%)	1405.3mg (29.9%)
copper	900mg						
zinc	11mg	4.3mg (53.7%)	0.38mg (4.8%)	0.3mg (3.8%)		0.2mg (2.4%)	5.2mg (67.4%)
iron	8mg	2.9mg (15.9%)	2.0mg (11.2%)	0.5mg (2.7%)		1.5mg (8.5%)	6.9mg (38.3%)
selenium	55ug	66.8ug (121.5%)	2.0mg (3.7%)			0.52mg (0.9%)	69.3ug (126.1%)
magnesium	310mg	293.2mg (94.6%)	22.7mg (7.3%)	19.8mg (6.4%)		17.6mg (5.7%)	353.3mg (114 %)
Manganese	1.8mg	6.1mg (342.8%)	.34mg (19.1%)	0.2mg (11.4%)		0.2mg (9.9%)	6.8mg (383.2%)
Calcium	1000mg	68.1mg (6.8%)	72.7mg (7.3%)	18mg (1.8%)		31.6mg (3.2%)	190.4mg (19.1%)
Vitamins							
Vit K	9ug	4.1ug (45.5%)	21.4ug (237.1%)	426.6mg (9.1%)	8.1mg (90%)	18.4ug (204.2%)	478.6ug (585.9%)
Vit C	75mg		5.9mg (7.9%)	24.7mg (32.9%)		44.1mg (58.8%)	74.7mg (99.6%)
Thiamin	1.1mg	0.68mg (59.5%)	0.06mg (6.2%)	0.07mg (6.1%)		0.1mg (10%)	0.91mg (81.8%)
Riboflavin	1.1mg	0.2mg (15.5%)	0.09mg (7.4%)	0.03mg (3.1%)		0.06mg (5.3%)	0.38mg (31.3%)
Niacin	14mg	10.4mg (74.4%)	1.3mg (9%)	1.1mg (7.6%)		.4mg (3.2%)	13.2mg (94.2%)
Pyridoxine	1.3mg	0.95mg (76%)	0.27mg (18.4%)	0.14mg (11.1%)		0.12mg (9%)	1.5mg (114.5%)
B12(cobalamin)							
Vit D							
Vit A	700RAE		1567.6RAE (224%)	75.6RAE (10.8%)		39.7RAE (5.7%)	1682.9RAE (240.5%)
Vit E						0.38mg	0.38mg
folate	400	27.3mg (6.8%)	61.3ug (15.4%)	27ug (6.8%)		30.9ug (7.7%)	146.5ug (36.7%)
choline	425mg	62.7mg (14.7%)	17mg (4%)	12.1mg (2.8%)		12.7mg (3%)	104.5mg (24.5%)
pantothenic acid	5mg	1.9mg (38.9%)	0.9mg (18.2%)	0.1mg (3.2%)		0.56mg (11%)	3.5mg (71.3%)