

Simple Sushi

	Swiss Chard	Avocado	Seaweed	TOTAL
Macro				
calories(serving)	6.84kcal	949.9kcal	35kcal	1693.7kcal
protein		2.7g (5.8%)	5.8g (12.6%)	24.7g (53.7%)
fiber	0.58g (2.3%)	9.3g (37%)		22.9g (89.9%)
carbohydrates		11.8g (9%)	5.1g (3.9%)	163.5g (56.7%)
sugar				6.8g
Minerals				
sodium	76.7mg (5.1%)		48mg (3.7%)	124.7mg (8.8%)
phosphorus	16.6mg (2.4%)	73.4mg (10.5%)	58mg (8.3%)	560.3mg (90.2%)
potassium	136.4mg (2.9%)	689.5mg (14.7%)	356mg (7.6%)	1843.2mg (38.9%)
copper				88.3mg (5.9%)
zinc		0.92mg (11.6%)	1.1mg (13.1%)	6.0mg (74.6%)
iron	0.65mg (3.6%)	0.8mg (4.6%)	1.8mg (22.5%)	6.2mg (46.5%)
selenium				57ug (104.4%)
magnesium	29.2mg (9.4%)	39.4mg (12.7%)		335.4mg (110.4%)
Manganese	0.13mg (7.32%)	0.2mg (11.3%)	0.9mg (54.9%)	6.8mg (377.6%)
Calcium			70mg (5.8%)	170.7mg (15.9%)
Vitamins				
Vit K	298.8ug (3320%)	28.6ug (317.3%)	4ug (44.4%)	351.9ug (3908.4%)
Vit C	10.8mg (14.4%)	11.9mg (15.9%)	39mg (52%)	69.3mg (92.3%)
Thiamin		0.1mg (9.3%)	0.1mg (8.9%)	0.88mg (76.9%)
Riboflavin	0.03mg (2.9%)	0.2mg (17.7%)	0.5mg (40.6%)	0.9mg (81.3%)
Niacin		2.6mg (18.6%)	1.5mg (10.5%)	14.4mg (102%)
Pyridoxine	0.04mg (2.7%)	0.4mg (30.3%)	0.2mg (10.6%)	1.7mg (122.6%)
B12(cobalamin)				
Vit D				
Vit A	110.2RAE (15.7%)		260RAE (37.1%)	476.2RAE (205.5%)
Vit E				0.84mg
folate		121ug (30.3%)	146ug (36.5%)	314.7ug (78.8%)
choline		19mg (4.5%)	10.4mg (2.5%)	42.4mg (43%)
pantothenic acid		1.9mg (39.8%)	0.5mg (10.4%)	3.4mg (68.2%)