

Buckwheat Tempeh Hash

	recommended	Buckwheat	Snap peas	Swiss Chard	Tempeh
Macro					
calories(serving)	2000	154.6kcal	50.4kcal	26.3kcal	152.8kcal
protein	46g	5.7g (12.3%)	3.9g (8.5%)	2.5g (5.4%)	14.2g (30.8)
Fat		1.0g	0.37g	0.14g	11.4g
fiber	25g	4.5g (18.1%)	3.4g (13.4%)	2.8g (11%)	
carbohydrates	130g	33.5g (25.8%)	8.5g (6.5%)	5.4g (4.2%)	7.3g (5.6%)
sugar			6.4g	.192g	
Minerals					
sodium	1500mg			234.9mg (15.7%)	
phosphorus	700mg	117.6mg (16.8%)	66mg (9.4%)	43.3mg (6.2%)	197.3mg (28.2%)
potassium	4700mg	147.8mg (3.2%)	288mg (6.1%)	720.6mg (15.3%)	312.8mg (6.7%)
copper	900mg				
zinc	11mg	1.02mg (12.8%)	0.4mg (5.6%)	0.4mg (5.4%)	1.2mg (15.3%)
iron	8mg	1.3mg (7.5%)	2.4mg (13.1%)	2.9mg (16.5%)	1.7mg (9.2%)
selenium	55ug	3.7ug (6.7%)	0.8ug (1.5%)	1.2ug (2.1%)	
magnesium	310mg	85.7mg (27.6%)	31.2mg (10.1%)	112.9mg (36.4%)	60mg (18.8%)
Manganese	1.8mg	0.7mg (37.6%)	0.2mg (11.2%)	0.4mg (24.3%)	0.9mg (55.7%)
Calcium	1000mg	11.8mg (1.2%)	50.4mg (5%)	76.1mg (7.6%)	74.8mg (7.5%)
Vitamins					
Vit K	9ug	3.2ug (35.5%)	30ug (333.3%)	429.6ug (4773.1%)	
Vit C	75mg			23.6mg (31.5%)	
Thiamin	1.1mg	0.07mg (6.1%)	0.15mg (13.9%)	0.04mg (4.1%)	0.04mg (3.8%)
Riboflavin	1.1mg	0.07mg (5.9%)	0.09mg (8.3%)	0.11mg (10.3%)	0.28mg (25.3%)
Niacin	14mg	1.6mg (11.3%)	0.65mg (4.6%)	0.5mg (3.4%)	1.7mg (11.9%)
Pyridoxine	1.3mg	0.13mg (9.9%)	0.17mg (13.3%)	0.11mg (8.6%)	0.15mg (11.9%)
B12(cobalamin)					
Vit D					
Vit A	700RAE		62.4ugRAE (8.9%)	401.6ugRAE (53.4%)	
Vit E		0.15mg	0.63mg	2.5mg	
folate	400	23.5ug (5.9%)	34.8ug (8.7%)	11.8ug (2.9%)	16.4ug (4.1%)
choline	425mg	33.8mg (7.9%)	20.9mg (4.9%)	37.7mg (8.9%)	
pantothenic acid	5mg	0.6mg (12.1%)	0.8mg (16.2%)	0.2mg (4.3%)	0.35mg (7.1%)