Multi Column: Choice Menu #51 Pork Cutlet | All Days

Multi-Column

Nutrients	Value	Rcmd	% Rcmd	Nutrients	Value	Rcmd	% Rcmd
Basic Components				Biotin (mcg)	7.40	30.00	24.67%
Gram Weight (g)	1211.97			Vitamin C (mg)	50.44	30.00	168.12%
Calories (kcal)	713.26	735.00	97.04%	Vitamin D - IU (IU)	164.13	200.00	82.06%
Calories from Fat (kcal)	187.87	220.50	85.20%	Vitamin D - mcg (mcg)	4.06	5.00	81.23%
Calories from SatFat (kcal)	48.71	66.15	73.63%	Vitamin E - Alpha-Toco (mg)	3.57	15.00	23.80%
Protein (g)	44.09	31.24	141.15%	Folate (mcg)	172.92	133.30	129.72%
Carbohydrates (g)	88.21	97.40	90.57%	Folate, DFE (mcg)	201.27	133.30	150.99%
Dietary Fiber (g)	7.04	10.29	68.39%	Vitamin K (mcg)	150.84	120.00	125.70%
Soluble Fiber (g)	0.79			Pantothenic Acid (mg)	2.71	5.00	54.18%
Total Sugars (g)	44.93			Minerals			
Monosaccharides (g)	12.38			Calcium (mg)	495.33	400.00	123.83%
Disaccharides (g)	17.69			Chromium (mcg)	0.20	30.00	0.66%
Other Carbs (g)	36.05			Copper (mg)	0.37	0.90	41.64%
Fat (g)	20.87	24.50	85.20%	Fluoride (mg)	0.42	4.00	10.46%
Saturated Fat (g)	5.41	7.35	73.63%	Iodine (mcg)	67.16	150.00	44.78%
Mono Fat (g)	9.59	8.17	117.37%	Iron (mg)	5.04	2.70	186.79%
Poly Fat (g)	3.25	7.35	44.25%	Magnesium (mg)	135.05	140.00	96.46%
Trans Fatty Acid (g)	0.74			Manganese (mg)	1.62	2.30	70.41%
Cholesterol (mg)	99.66	100.00	99.66%	Molybdenum (mcg)	7.61	45.00	16.90%
Water (g)	1012.83	1233.00	82.14%	Phosphorus (mg)	572.59	700.00	81.80%
Vitamins				Potassium (mg)	1363.84	1250.00	109.11%
Vitamin A - IU (IU)	4639.73			Selenium (mcg)	69.11	55.00	125.66%
Vitamin A - RAE (RAE)	334.27	300.00	111.42%	Sodium (mg)	856.02	1000.00	85.60%
Carotenoid RE (RE)	369.53			Zinc (mg)	4.50	3.75	119.91%
Retinol RE (RE)	149.50			Poly Fats			
Beta-Carotene (mcg)	1881.17			Omega 3 Fatty Acid (g)	0.30		
Vitamin B1 (mg)	1.31	1.20	108.87%	Omega 6 Fatty Acid (g)	1.59		
Vitamin B2 (mg)	1.25	1.30	96.19%	Other Nutrients			
Vitamin B3 (mg)	7.98	16.00	49.86%	Alcohol (g)	0		
Vitamin B3 - Niacin Equiv (mg)	16.12	16.00	100.73%	Caffeine (mg)	94.72		
Vitamin B6 (mg)	0.84	0.60	140.61%	Choline (mg)	172.48	550.00	31.36%
Vitamin B12 (mcg)	1.84	0.80	229.86%				