

Basic Report 36401, Restaurant, Latino, chicken and rice, entree, prepared

Report Date: January 26, 2015 05:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup 141g
Proximates			
Water	g	61.12	86.18
Energy	kcal	174	245
Protein	g	12.02	16.95
Total lipid (fat)	g	5.06	7.13
Carbohydrate, by difference	g	20.03	28.24
Fiber, total dietary	g	1.2	1.7
Sugars, total	g	0.55	0.78
Minerals			
Calcium, Ca	mg	18	25
Iron, Fe	mg	0.95	1.34
Magnesium, Mg	mg	18	25
Phosphorus, P	mg	122	172
Potassium, K	mg	184	259
Sodium, Na	mg	518	730
Zinc, Zn	mg	0.78	1.10
Vitamins			
Thiamin	mg	0.104	0.147
Riboflavin	mg	0.056	0.079
Niacin	mg	5.558	7.837
Vitamin B-6	mg	0.176	0.248
Vitamin B-12	µg	0.16	0.23
Vitamin E (alpha-tocopherol)	mg	0.50	0.70
Vitamin K (phylloquinone)	µg	4.0	5.6
Lipids			
Fatty acids, total saturated	g	1.101	1.552
Fatty acids, total monounsaturated	g	1.799	2.537

Nutrient	Unit	1 Value Per100 g	1 cup 141g
Fatty acids, total polyunsaturated	g	1.564	2.205
Cholesterol	mg	36	51