

NUTRIENT ANALYSIS REPORT

Recipe: Pan-Seared Salmon with Quinoa

Serving Size: 340g
Yield: 4 Servings
Date: October 24, 2023

NUTRIENT COMPONENT	AMOUNT PER SERVING	% DAILY VALUE*
Energy	485 kcal	24%
Total Fat	22g	28%
Saturated Fat	3.5g	18%
Trans Fat	0g	-
Cholesterol	85mg	28%
Sodium	420mg	18%
Total Carbohydrates	34g	12%
Dietary Fiber	5g	20%
Total Sugars	2g	-
Protein	38g	76%

MICRONUTRIENTS	VALUE	DAILY GOAL PROGRESS
Vitamin D	14.2mcg	71%
Calcium	60mg	4%
Iron	3.1mg	17%
Potassium	940mg	20%
Magnesium	115mg	28%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Analysis Source: USDA FoodData Central Standard Reference.