

Nutrition

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Calories per serving:

380 calories

Dietary restrictions:

Dairy Free, Gluten Free, Wheat Free,
Egg Free, Milk Free, Peanut Free, Tree
Nut Free, Soy Free, Shellfish Free,
Alcohol Free, No Sugar Added

Daily value:

19%

Servings:

10

Fat	13g	20%	Carbs	36g	12%
Saturated	3g	15%	Fiber	4g	18%
Trans	0g		Sugars	10g	
Monounsaturated	7g		Polyunsaturated	2g	
Protein	32g	63%	Cholesterol	62mg	21%
Sodium	704mg	29%	Calcium	78mg	8%
Magnesium	86mg	22%	Potassium	1,474mg	42%
Iron	3mg	17%	Zinc	2mg	10%
Phosphorus	370mg	53%	Vitamin A	112µg	12%
Vitamin C	28mg	47%	Thiamin (B1)	0mg	19%
Riboflavin (B2)	0mg	23%	Niacin (B3)	10mg	52%
Vitamin B6	1mg	38%	Folic Acid (B9)	79µg	20%
Vitamin B12	2µg	27%	Vitamin D	3µg	1%
Vitamin E	3mg	13%	Vitamin K	28µg	34%

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Have a question about nutritional data? [Let us know.](#)

Example: The Daily Meal

<http://www.thedailymeal.com/norman-van-akens-bahamian-fish-chowder>

NUTRITIONAL INFO



Calories	618	Carbohydrates	5 g (2%)
Fat	47 g (73%)	Protein	40 g (79%)
Saturated Fat	17 g (84%)	Sodium	737 mg (31%)
Polyunsaturated Fat	5 g	Fiber	1 g (3%)
Monounsaturated Fat	21 g	Cholesterol	168 mg (56%)
per serving (8 servings) ?			

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Example: Epicurious

<http://www.epicurious.com/recipes/food/views/carnitas-braised-and-fried-pork-364389>