

foodzone

People

Saya Fujihara

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Nutrient	Amount	RDI	RDI (%)
Calcium (mg)	519.9	1,000.0	52.0
Dietary folate equiv. (µg)	195.0	400.0	48.7
Iodine (µg)	58.7	150.0	39.1
Iron (mg)	8.7	18.0	48.3
Magnesium (mg)	303.4	320.0	94.8
Niacin equiv. (mg)	21.8	14.0	155.8
Phosphorous (mg)	805.8	1,000.0	80.6
Protein (g)	53.6	14.3	375.9
Riboflavin (mg)	1.1	1.1	101.0
Selenium (µg)	47.5	60.0	79.1
Thiamin (mg)	1.0	1.1	86.8
Vitamin A (µg)	460.0	700.0	65.7
Vitamin B12 (µg)	1.9	2.4	77.9
Vitamin B6 (mg)	3.5	1.3	266.0
Vitamin C (mg)	106.2	45.0	236.0
Zinc (mg)	6.9	8.0	86.4