



# Molly's nutrient profile

## Ingredients

<b>60 g</b>	or	<b>2 1/8 oz</b>	Fish, tilapia, raw <sup>□</sup>
<b>2 g</b>	or	<b>1/2 tsp</b>	Oil, canola <sup>□</sup>
<b>0.18 g</b>	or	<b>1/5 mL</b>	Nordic Naturals Omega-3 Pet Liquid <sup>□</sup>
<b>61 g</b>	or	<b>5/16 cup</b>	Beans, black, mature seeds, raw <sup>□</sup>
<b>9 g</b>	or	<b>1/16 cup</b>	Corn, sweet, yellow, raw <sup>□</sup>
<b>7 g</b>	or	<b>1/16 cup</b> grated	Carrots, raw <sup>□</sup>
<b>1.12 g</b>	or	<b>3/16 tsp</b>	<u>Morton Iodized Salt</u> <sup>□</sup>
<b>4.38 g</b>	or	<b>1 3/4</b> teaspoon	<u>Balance IT® Canine (2.5 g/tsp)</u> <sup>□</sup>

Some ingredients may have an undefined value for some nutrients. This results in the value being treated as zero which may result in the value being under-reported. Also many nutrients are typically and safely many times higher than the minimum requirement. If additional information about a particular nutrient amount is needed and you are a veterinarian, please contact us.

<b>Caloric distribution</b>	● Protein calories	<b>39.20%</b>
	● Fat calories	<b>21.52%</b>
	● Carbohydrate calories	<b>39.28%</b>



*\*These “% calories” values are better for comparing diets, but different from “% as fed” values found on pet food labels. To convert pet food labels, use the free online “Guaranteed Analysis Converter” available under the Support tab. Please see Cautions in recipe reports for additional important information.*

Total calories fed: **298.2 kcal/dav**

OR **101.25%** of the calculated requirement

**Nutrients**      A quick look at how fortifying Molly's recipe with a supplement can provide all the goodness they need to thrive.

**Total Cooked Mass: 130.68 g** **E Density: 2.28 kcal/g as is, -16.28 kcal/g DM** **% Moisture: 65.86%** | Also See Nutrient 255 Water Below

AAFCO-NRC

Bar Graph:

Not Shown. Show Numerical Percentages

Nutrient ID	Nutrient Name	Requirement Range	Amount (per Mcal)	% of Requirement (with supplement)	% of Requirement (without supplement)
[10000...1]	Iodine	0.25 to 2.75 mg	0.75 mg	299.20%	0%
[301]	Calcium, Ca	1.25 to 6.25 g	2.40 g	192.37%	13.86%
[1000021]	Ca:P ratio	1 to 2	1.07	106.85%	16.07%
[328]	Vitamin D (D2 + D3)	125 to 750 IU, Vit D	185.50 - 189.82 IU, Vit D	148.40% - 151.86%	19.13% - 22.59%
[418]	Vitamin B-12	0.01 to No Max mg	0.01 - 0.01 mg	146.31% - 158.64%	26.70% - 39.03%
[405]	Riboflavin	1.30 to No Max mg	1.72 - 1.79 mg	132.28% - 137.47%	29.45% - 34.65%
[309]	Zinc, Zn	20 to No Max mg	45.70 mg	228.49%	33.86%
[320]	Vitamin A, RAE	375 to 18750 mcg_RAE	679.97 - 713.76 mcg_RAE	181.32% - 190.34%	48.06% - 57.08%
[421]	Choline, total	340 to No Max mg	536.94 - 612.76 mg	157.92% - 180.22%	52.04% - 74.33%
[307]	Sodium, Na	0.20 to 2.50 g	1.73 g	865.52%	54.08%
[10000...0]	Chloride	0.30 to No Max g	2.68 g	892.50%	55.59%

[323]	Vitamin E (alpha-tocopherol)	12.50 to No Max IU, Vit E	73.09 – 77.26 IU, Vit E	584.73% – 618.10%	58.27% – 91.64%
[410]	Pantotheni c acid	3 to No Max mg	4.45 – 4.95 mg	148.50% – 165.09%	63.55% – 80.14%
[312]	Copper, Cu	1.83 to No Max mg	3.47 mg	189.58%	68.13%
[415]	Vitamin B-6	0.38 to No Max mg	0.74 – 1.00 mg	195.62% – 262.29%	83.33% – 149.99%
[618]	18:2 undifferenti ated	2.80 to 16.30 g	2.83 g	101.11%	101.11%
[305]	Phosphorus , P	1 to 4 g	2.25 g	225.05%	107.83%
[317]	Selenium, Se	0.08 to 0.50 mg	0.14 mg	179.53%	113.43%
[204]	Total lipid (fat)	13.80 to No Max g	15.86 g	114.91%	114.91%
[404]	Thiamin	0.56 to No Max mg	1.14 – 1.88 mg	203.02% – 335.05%	118.82% – 250.85%
[303]	Iron, Fe	10 to No Max mg	36.57 mg	365.70%	123.92%
[306]	Potassium, K	1.50 to No Max g	4.05 g	269.98%	171.17%
[100101... ]	Methionine -cystine	1.63 to No Max g	2.84 g	174.03%	174.03%
[203]	Protein	45 to No Max g	87.92 g	195.39%	195.39%
[315]	Manganese , Mn	1.25 to No Max mg	4.13 mg	330.57%	197.55%
[506]	Methionine	0.83 to No Max g	1.90 g	229.30%	229.30%

[501]	Tryptophan	0.40 to No Max g	1.18 g	294.68%	242.17%
[406]	Niacin	3.40 to No Max mg	12.98 – 13.50 mg	381.64% – 397.07%	277.82% – 293.26%
[304]	Magnesium, Mg	0.15 to No Max g	0.55 g	365.48%	287.09%
[502]	Threonine	1.20 to No Max g	3.81 g	317.47%	317.47%
[510]	Valine	1.23 to No Max g	4.47 g	363.72%	363.72%
[508]	Phenylalanine	1.13 to No Max g	4.19 g	370.50%	370.50%
[1001017 ]	Phenylalanine-tyrosine	1.85 to No Max g	6.88 g	372.03%	372.03%
[504]	Leucine	1.70 to No Max g	6.98 g	410.39%	410.39%
[503]	Isoleucine	0.95 to No Max g	3.98 g	419.44%	419.44%
[511]	Arginine	1.28 to No Max g	5.39 g	421.02%	421.02%
[505]	Lysine	1.58 to No Max g	6.82 g	431.83%	431.83%
[512]	Histidine	0.48 to No Max g	2.23 g	464.71%	464.71%
[435]	Folate, DFE	90.20 to No Max mcg_DFE	609.89 – 810.57 mcg_DFE	676.15% – 898.63%	578.44% – 800.92%
[20000 21]	LA+AA:EPA+DHA	No Min to 30	7.76	N/A	N/A
[20000 22]	LA+AA:ALA+EPA+DHA	No Min to 30	2.52	N/A	N/A