



Molly's nutrient profile

Ingredients

126 g	or	4 1/2 oz	Chicken, ground, raw [▢]
		crumbled	
0.64 g	or	7/10 mL	Nordic Naturals Omega-3 Pet Liquid [▢]
3 g	or	5/8 tsp	Oil, corn, industrial and retail, all purpose salad or cooking [▢]
12 g	or	1/16 cup	Rice, brown, long-grain, raw [▢]
7 g	or	1/16 cup grated	Carrots, raw [▢]
7 g	or	1/16 cup, sliced	Squash, summer, zucchini, includes skin, raw [▢]
19 g	or	1/8 cup, chopped	Peppers, sweet, red, raw [▢]
9 g	or	1/16 cup	Peas, green, raw [▢]
23 g	or	3/4 cup	Spinach, raw [▢]
1.88 g	or	5/16 tsp	<u>Morton Iodized Salt</u> [▢]
5.62 g	or	2 1/4 teaspoon	<u>Balance IT® Canine (2.5 g/tsp)</u> [▢]
7 g	or	1/4 fl oz	<u>Water, tap, municipal</u> [▢]

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.

Caloric distribution	● Protein calories	37.55%
	● Fat calories	49.91%
	● Carbohydrate calories	12.54%



*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: **258.1 kcal/day**
OR **87.64%** 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: 216.34 g **E Density: 1.19 kcal/g as is, 2.89 kcal/g DM** **% Moisture: 69.21%** | Also See Nutrient 255 Water Below

AAFCO-NRC

Bar Graph:

Not Shown. Show Numerical Percentages

Nutrient ID	Nutrient Name	Requirement Range	Amount (per kg DM)	% of Requirement (with supplement)	% of Requirement (without supplement)	
[328]	Vitamin D (D2 + D3)	500 to 3000 IU, Vit D	691.96 IU, Vit D	138.39%	0%	
[10000... 1]	Iodine	1 to 11 mg	3.53 mg	352.55%	0%	
[301]	Calcium, Ca	5 to 25 g	10.05 g	201.08%	9.93%	
[418]	Vitamin B- 12	0.03 to No Max mg	0.04 - 0.04 mg	140.52% - 146.27%	12.46% - 18.21%	
[100002 1]	Ca:P ratio	1 to 2	1.25	124.91%	16.39%	
[312]	Copper, Cu	7.32 to No Max mg	11.16 mg	152.50%	22.47%	
[309]	Zinc, Zn	80 to No Max mg	191.99 mg	239.99%	31.62%	
[421]	Choline, total	1360 to No Max mg	2061.65 - 2284.43 mg	151.59% - 167.97%	38.23% - 54.61%	

[404]	Thiamin	2.24 to No Max mg	3.10 – 4.31 mg	138.53% – 192.30%	48.39% – 102.15%
[317]	Selenium, Se	0.32 to 2 mg	0.40 mg	124.64%	53.88%
[303]	Iron, Fe	40 to No Max mg	126.33 mg	315.82%	56.96%
[405]	Riboflavin	5.20 to No Max mg	9.24 – 9.86 mg	177.66% – 189.59%	67.58% – 79.50%
[305]	Phosphorus , P	4 to 16 g	8.05 g	201.23%	75.73%
[435]	Folate, DFE	360.80 to No Max mcg_DFE	695.85 – 818.32 mcg_DFE	192.86% – 226.81%	88.25% – 122.20%
[410]	Pantothenic acid	12 to No Max mg	23.54 – 26.84 mg	196.16% – 223.63%	105.21% – 132.68%
[304]	Magnesium, Mg	0.60 to No Max g	1.17 g	194.81%	110.87%
[323]	Vitamin E (alpha-tocopherol)	50 to No Max IU, Vit E	337.96 – 348.26 IU, Vit E	675.92% – 696.52%	112.28% – 132.88%
[315]	Manganese , Mn	5 to No Max mg	12.99 mg	259.83%	117.42%
[307]	Sodium, Na	0.80 to 10 g	9.99 g	1248.37%	137.32%
[10000...0]	Chloride	1.20 to No Max g	15.42 g	1285.05%	141.15%
[501]	Tryptophan	1.60 to No Max g	3.21 g	200.78%	144.55%
[100101...]	Methionine –cystine	6.52 to No Max g	9.60 g	147.18%	147.18%
[203]	Protein	180 to No Max g	267.42 g	148.57%	148.57%

[306]	Potassium, K	6 to No Max g	15.41 g	256.90%	151.11%
[320]	Vitamin A, RAE	1500 to 75000 mcg_RAE	4500.99 – 4943.66 mcg_RAE	300.07% – 329.58%	157.40% – 186.91%
[506]	Methionine	3.32 to No Max g	6.68 g	201.27%	201.27%
[415]	Vitamin B-6	1.52 to No Max mg	5.34 – 8.16 mg	351.51% – 536.54%	231.28% – 416.31%
[502]	Threonine	4.80 to No Max g	11.14 g	232.03%	232.03%
[508]	Phenylalanine	4.52 to No Max g	10.58 g	234.11%	234.11%
[510]	Valine	4.92 to No Max g	12.77 g	259.56%	259.56%
[1001017]	Phenylalanine-tyrosine	7.40 to No Max g	19.78 g	267.36%	267.36%
[204]	Total lipid (fat)	55.20 to No Max g	158.80 g	287.67%	287.67%
[504]	Leucine	6.80 to No Max g	20.74 g	304.97%	304.97%
[503]	Isoleucine	3.80 to No Max g	12.12 g	318.95%	318.95%
[618]	18:2 undifferentiated	11.20 to 65.20 g	37.63 g	336.01%	336.01%
[511]	Arginine	5.12 to No Max g	17.34 g	338.75%	338.75%
[505]	Lysine	6.32 to No Max g	22.37 g	353.89%	353.89%
[512]	Histidine	1.92 to No Max g	7.94 g	413.40%	413.40%
[406]	Niacin	13.60 to No Max mg	92.34 – 96.63 mg	678.97% – 710.51%	567.82% – 599.36%

[20000 21]	LA+AA:EPA +DHA	No Min to 30	16.53	N/A	N/A
[20000 22]	LA+AA:ALA +EPA+DHA	No Min to 30	10.78	N/A	N/A