



Molly's nutrient profile

Ingredients

74 g	or	2 3/4 oz	Pork, fresh, loin, tenderloin, separable lean and fat, raw <input type="checkbox"/>
6 g	or	1 1/4 tsp	Oil, canola <input type="checkbox"/>
0.37 g	or	2/5 mL	Nordic Naturals Omega-3 Pet Liquid <input type="checkbox"/>
124 g	or	4 3/8 oz	Beans, pinto, mature seeds, sprouted, raw <input type="checkbox"/>
1.12 g	or	3/16 tsp	<u>Morton Iodized Salt</u> <input type="checkbox"/>
3.75 g	or	1 1/2 teaspoon	<u>Balance IT® Canine (2.5 g/tsp)</u> <input type="checkbox"/>

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	40.19%
	● Fat calories	36.77%
	● Carbohydrate calories	23.04%



**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: **218.5 kcal/day**
OR **74.19%** 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: 138.64 g E Density: 1.58 kcal/g as is, 3.28 kcal/g DM % Moisture: 60.22% | 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)
[320]	Vitamin A, RAE	1500 to 75000 mcg_RAE	1914.39 mcg_RAE	127.63%	0%
[10000...1]	Iodine	1 to 11 mg	3.02 mg	302.26%	0%
[301]	Calcium, Ca	5 to 25 g	8.94 g	178.85%	7.87%
[10000021]	Ca:P ratio	1 to 2	1.13	112.60%	11.40%
[418]	Vitamin B-12	0.03 to No Max mg	0.04 – 0.04 mg	126.36% – 131.81%	11.81% – 17.26%
[328]	Vitamin D (D2 + D3)	500 to 3000 IU, Vit D	717.93 – 735.83 IU, Vit D	143.59% – 147.17%	19.79% – 23.37%
[312]	Copper, Cu	7.32 to No Max mg	11.12 mg	151.96%	35.65%
[309]	Zinc, Zn	80 to No Max mg	177.87 mg	222.34%	35.94%
[421]	Choline, total	1360 to No Max mg	2114.78 – 2429.96 mg	155.50% – 178.67%	54.09% – 77.26%
[405]	Riboflavin	5.20 to No Max mg	8.43 – 9.01 mg	162.12% – 173.35%	63.65% – 74.88%
[303]	Iron, Fe	40 to No Max mg	118.33 mg	295.84%	64.28%
[307]	Sodium, Na	0.80 to 10 g	7.68 g	959.79%	64.50%

[10000...0]	Chloride	1.20 to No Max g	11.86 g	988.70%	66.30%
[315]	Manganese, Mn	5 to No Max mg	9.83 mg	196.69%	69.29%
[410]	Pantothenic acid	12 to No Max mg	18.11 – 20.29 mg	150.93% – 169.10%	69.57% – 87.74%
[305]	Phosphorus, P	4 to 16 g	7.94 g	198.54%	86.28%
[304]	Magnesium, Mg	0.60 to No Max g	1.08 g	179.81%	104.73%
[306]	Potassium, K	6 to No Max g	12.64 g	210.67%	116.03%
[323]	Vitamin E (alpha-tocopherol)	50 to No Max IU, Vit E	310.48 – 326.11 IU, Vit E	620.95% – 652.21%	116.75% – 148.01%
[317]	Selenium, Se	0.32 to 2 mg	0.59 mg	183.59%	120.28%
[100101...]	Methionine-cystine	6.52 to No Max g	10.56 g	161.97%	161.97%
[203]	Protein	180 to No Max g	298.95 g	166.08%	166.08%
[404]	Thiamin	2.24 to No Max mg	6.24 – 11.16 mg	278.52% – 498.38%	197.88% – 417.74%
[501]	Tryptophan	1.60 to No Max g	4.05 g	252.99%	202.70%
[618]	18:2 undifferentiated	11.20 to 65.20 g	22.98 g	205.21%	205.21%
[506]	Methionine	3.32 to No Max g	7.26 g	218.75%	218.75%

[435]	Folate, DFE	360.80 to No Max mcg_DFE	1164.05 – 1481.91 mcg_DFE	322.63% – 410.73%	229.05% – 317.15%
[204]	Total lipid (fat)	55.20 to No Max g	143.56 g	260.07%	260.07%
[502]	Threonine	4.80 to No Max g	12.88 g	268.28%	268.28%
[415]	Vitamin B-6	1.52 to No Max mg	5.76 – 9.06 mg	378.96% – 596.10%	271.42% – 488.55%
[508]	Phenylalanine	4.52 to No Max g	13.70 g	303.00%	303.00%
[510]	Valine	4.92 to No Max g	15.98 g	324.81%	324.81%
[1001017]	Phenylalanine-tyrosine	7.40 to No Max g	24.11 g	325.85%	325.85%
[511]	Arginine	5.12 to No Max g	19.11 g	373.34%	373.34%
[504]	Leucine	6.80 to No Max g	25.45 g	374.33%	374.33%
[503]	Isoleucine	3.80 to No Max g	14.58 g	383.66%	383.66%
[505]	Lysine	6.32 to No Max g	26.21 g	414.65%	414.65%
[406]	Niacin	13.60 to No Max mg	75.08 – 78.50 mg	552.06% – 577.21%	452.63% – 477.78%
[512]	Histidine	1.92 to No Max g	11.86 g	617.92%	617.92%
[20000 21]	LA+AA:EPA +DHA	No Min to 30	15.70	N/A	N/A
[20000 22]	LA+AA:ALA +EPA+DHA	No Min to 30	2.52	N/A	N/A