



**Beef Pho (continued)**

CHILI PEPPER, RED, RAW(Whole,deseeded)	hot chili	1 pepper	45	18	.9	4.3	2.4					
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)		7 grams	7	1.6	.1	.3	.0					
PEPPERMINT LEAF, FRESH(leaf)		5 grams	5	3.5		1						
LEMON JUICE, RAW	juice of 1 lemon (2 1/8" dia)	1 lemon-yi	47	11.8	.2	4.1	1.1					
FISH SAUCE, RTS		4 tsp	24	8.4	1.2	.9	.9					
SOYBEAN, SPROUTED, RAW	mature seeds	50 grams	50	61	6.5	4.8						
ONION, RAW RED	Finely Chopped	1 medium	110	41.8	1.3	9.5	6.8					
RED PEPPER, SWEET, RAW	2.75" long, 2.5" dia	1 medium	119	30.9	1.2	7.2	5	2.3	2.7			
GREEN PEPPER, SWEET, RAW (BELL)	2.75" long, 2.5" dia	1 medium	119	23.8	1	5.5	2.9	1.4	1.3			.1
MUSHROOM, RAW		150	150	37.5	4.3	6.1	2.1					
BEEF, RUMP		300	300	462	60.9							
Recipe Total:			976	700.3	77.7	43.5	21.2	3.7	4			.1
Single Serving Total:			488	350.1	38.9	21.8	10.6	1.8	2			.1

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)
CHILI PEPPER, RED, RAW(Whole,deseeded)			.7	.1	.0		.0			4837.5	.0	.0	.0	.4
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)			.2	.0						472.4			.0	.1
PEPPERMINT LEAF, FRESH(leaf)			.5							212.4				.1
LEMON JUICE, RAW			.2							.5	8.9	.0		.0
FISH SAUCE, RTS										1	2.9		.0	.6
SOYBEAN, SPROUTED, RAW			.6	3.4	.5					.5	5.5	.2	.1	.6
ONION, RAW RED			2	.2	.0		.1					.0	.0	.2
RED PEPPER, SWEET, RAW			2.4	.4	.1	.1	.1			186.8	3725.9	.1	.1	1.2
GREEN PEPPER, SWEET, RAW (BELL)			2	.2	.1	.0	.1			21.4	440.3	.1	.0	.6
MUSHROOM, RAW			1.8	.5	.1		.2					.1	.6	6.1

**Beef Pho (continued)**

BEEF, RUMP				22.3	9.6	.2	.7	150				.3	.5	14.2
Recipe Total:			<b>10.3</b>	<b>27.1</b>	<b>10.4</b>	<b>.3</b>	<b>1.2</b>	<b>150</b>		<b>210.2</b>	<b>9705.8</b>	<b>.9</b>	<b>1.4</b>	<b>23.9</b>
Single Serving Total:			<b>5.1</b>	<b>13.5</b>	<b>5.2</b>	<b>.1</b>	<b>.6</b>	<b>75</b>		<b>105.1</b>	<b>4852.9</b>	<b>.4</b>	<b>.7</b>	<b>12</b>

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-A (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
CHILI PEPPER, RED, RAW(Whole,deseeded)	.0	.1	10.4	10.4		10.4			109.1			.5	8.1	11.3
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)	.0	.0	4.3	4.3		4.3			1.9			.3	4.7	1.8
PEPPERMINT LEAF, FRESH(leaf)			5.7	5.7		5.7			1.6				12.1	4
LEMON JUICE, RAW	.0	.0	6.1	6.1		6.1			21.6		.1		3.3	2.8
FISH SAUCE, RTS	.0	.1	12.2	12.2		12.2	.1		.1				10.3	42
SOYBEAN, SPROUTED, RAW	.5	.1	86	86		86			7.7				33.5	36
ONION, RAW RED	.1	.1	20.9	20.9		20.9			7		.3	.2	22	11
RED PEPPER, SWEET, RAW	.4	.3	21.4	21.4		21.4			226.1		1.9		8.3	14.3
GREEN PEPPER, SWEET, RAW (BELL)	.1	.3	13.1	13.1		13.1			95.7		.4		11.9	11.9
MUSHROOM, RAW	2.2	.2	18	18		18	.1		3.5	114		.3	7.5	15
BEEF, RUMP	1	1.3	21	21		21	9.1					.6	15	63
Recipe Total:	<b>4.4</b>	<b>2.5</b>	<b>219.2</b>	<b>219.2</b>		<b>219.2</b>	<b>9.3</b>		<b>474.3</b>	<b>114</b>	<b>2.7</b>	<b>1.8</b>	<b>136.8</b>	<b>213.1</b>
Single Serving Total:	<b>2.2</b>	<b>1.3</b>	<b>109.6</b>	<b>109.6</b>		<b>109.6</b>	<b>4.7</b>		<b>237.1</b>	<b>57</b>	<b>1.4</b>	<b>.9</b>	<b>68.4</b>	<b>106.5</b>

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
CHILI PEPPER, RED, RAW(Whole,deseeded)	20.7	153	3.2			.1			.5	.1		.2	.1
CORIANDER, RAW (CILANTRO, CHINESE PARSLEY)	3.4	36.5	3.2			.0			.1	.0		.1	.0
PEPPERMINT LEAF, FRESH(leaf)	3.6	28.5	1.5						.3	.0			.0
LEMON JUICE, RAW	2.8	58.3	.5			.0			.0			.0	.0
FISH SAUCE, RTS	1.7	69.1	1852.8			.0			.2	.1		2.2	.0
SOYBEAN, SPROUTED, RAW	82	242	7			.2			1.1	.4		.3	.6

**Beef Pho (continued)**

ONION, RAW RED	36.3	172.7	3.3			.1			.2	.2		.7	.2	
RED PEPPER, SWEET, RAW	30.9	251.1	2.4			.0			.5	.1		.1	.3	
GREEN PEPPER, SWEET, RAW (BELL)	23.8	208.3	3.6			.1			.4	.1			.2	
MUSHROOM, RAW	156	555	6			.7			1.6	.2		13.2	1.1	
BEEF, RUMP	591	1095	219			.2			6.1	.0		54.6	10.8	
Recipe Total:	<b>952.3</b>	<b>2869.4</b>	<b>2102.4</b>			<b>1.5</b>			<b>11</b>	<b>1.2</b>		<b>71.4</b>	<b>13.4</b>	
Single Serving Total:	<b>476.1</b>	<b>1434.7</b>	<b>1051.2</b>			<b>.7</b>			<b>5.5</b>	<b>.6</b>		<b>35.7</b>	<b>6.7</b>	