

# Gut Goulash Nutrition Information:

## MACRONUTRIENT ANALYSIS

Nutrient content of natural foods vary, sometimes significantly. Use the nutrient content numbers as approximations only.

Composition	As Formulated	DM	% kcal	g per 1000 kcal
Protein	9.79%	51.3%	45.58%	113.96
Fat	3.69%	19.35%	38.68%	42.98
Ash	1.48%	7.76%		17.24
Moisture	80.92%			941.95
Fiber	0.74%	3.89%		8.65
Net Carbs	3.38%	17.7%	15.73%	49.15
Sugars (limited data)	2.31%	12.12%	10.77%	
Starch (limited data)	0.47%	2.49%	2.21%	
<b>Total</b>			<b>100%</b>	

## MACRONUTRIENT INFORMATION

Total kcal in recipe	2,461.50
kcal / oz	24.35
kcal per pound	389.65
kcal / day	0.00
Recipe makes, # of days	0.00
kcal / kg	859.02
kcal per kg DM	4,501.26
Amount to Feed per Day (gm)	0.00
Amount to Feed per Day (oz)	0.00
Keto ratio (g fat/ (g protein + g net carb))	0.28

## MINERALS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>DM</i>	<i>Total Amt</i>	<i>Daily Amt</i>
Calcium (Ca)	g	1.65	6.25	2.03	0.92%	5.01	0.00
Phosphorus (P)	g	1.29	4.00	1.65	0.74%	4.06	0.00
Calcium to Phosphorus ratio (Ca:P)	ratio	0	2 : 1	1.23 : 1			
Potassium (K)	g	1.65	0.00	2.46	1.11%	6.06	0.00
Sodium (Na)	g	0.39	0.00	1.25	0.56%	3.09	0.00
Magnesium (Mg)	g	0.24	0.00	0.26	0.12%	0.63	0.00
Chloride (Cl)	g	0.47	0.00	0.59	0.26%	1.44	0.00
Iron (Fe)	mg	11.80	170.00	20.83	93.75	51.27	0.00
Copper (Cu)	mg	2.40	7.00	2.64	11.90	6.50	0.00
Manganese (Mn)	mg	1.88	42.50	2.11	9.51	5.20	0.00
Zinc (Zn)	mg	23.50	56.80	32.53	146.41	80.07	0.00
Iodine (I)	mg	0.35	2.75	0.45	2.04	1.12	0.00
Selenium (Se)	mg	0.10	0.00	0.16	0.73	0.40	0.00

## VITAMINS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>DM</i>	<i>Total Amt</i>	<i>Daily Amt</i>
Vit A	IU	1,965.40	100,000.00	2,191.61	9,865.01	5,394.65	0.00
Vit C	mg	0.00	0.00	16.88	75.99	41.55	0.00
Vit D	IU	178.80	568.00	443.44	1,996.03	1,091.52	0.00
Vit E	IU	11.80	0.00	121.67	547.69	299.50	0.00
Thiamine, B1	mg	0.71	0.00	6.51	29.32	16.03	0.00
Riboflavin, B2	mg	2.00	0.00	11.35	51.11	27.95	0.00
Niacin, B3	mg	5.34	0.00	22.50	101.26	55.37	0.00
Pantothenic Acid, B5	mg	4.60	0.00	15.09	67.92	37.14	0.00
B6 (Pyridoxine)	mg	0.48	0.00	5.88	26.45	14.47	0.00
Vit B12	mg	0.01	0.00	0.01	0.07	0.04	0.00
Folic Acid	mg	0.08	0.00	0.37	1.68	0.92	0.00
Choline	mg	531.00	0.00	1,035.24	4,659.88	2,548.24	0.00
Vit K1	mg	0.00	0.00	0.10	0.43	0.24	0.00
Biotin	mg	0.00	0.00	0.06	0.26	0.14	0.00

## FATS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>DM</i>	<i>Total Amt</i>	<i>Daily Amt</i>
Total	g	17.77	0.00	42.98	19.35%	105.80	0.00
Saturated	g	0.00	0.00	14.07	6.33%	34.63	0.00
Monounsaturated	g	0.00	0.00	17.06	7.68%	41.98	0.00
Polyunsaturated	g	0.00	0.00	6.39	2.88%	15.73	0.00
LA	g	4.24	0.00	4.35	1.96%	10.71	0.00
ALA	g	0.00	0.00	0.59	0.27%	1.46	0.00
AA	g	0.00	0.00	0.42	0.19%	1.05	0.00
EPA	g	0.00	0.00	0.36	0.16%	0.88	0.00
DPA	g	0.00	0.00	0.13	0.06%	0.33	0.00
DHA	g	0.00	0.00	0.65	0.29%	1.61	0.00
Omega-6/Omega-3	ratio	0	0	2.75 : 1			
EPA + DHA	g	0.00	0.00	1.01	0.00%	2.49	0.00

## AMINO ACIDS

	<i>Unit</i>	<i>Min</i>	<i>Max</i>	<i>Recipe</i>	<i>DM</i>	<i>Total Amt</i>	<i>Daily Amt</i>
Total protein	g	58.40	0.00	113.96	51.30%	280.51	0.00
Tryptophan	g	0.59	0.00	1.25	0.56%	3.07	0.00
Threonine	g	1.64	0.00	4.41	1.99%	10.86	0.00
Isoleucine	g	1.54	0.00	5.01	2.25%	12.32	0.00
Leucine	g	2.72	0.00	8.60	3.87%	21.16	0.00
Lysine	g	1.42	0.00	8.57	3.86%	21.10	0.00
Methionine	g	1.30	0.00	3.34	1.51%	8.23	0.00
Methionine - Cystine	g	2.47	0.00	4.90	2.21%	12.07	0.00
Phenylalanine	g	1.77	0.00	4.71	2.12%	11.59	0.00
Phenylalanine - Tyrosine	g	2.83	0.00	8.56	3.85%	21.06	0.00
Valine	g	1.90	0.00	5.77	2.60%	14.21	0.00
Arginine	g	1.65	0.00	7.78	3.50%	19.16	0.00
Histidine	g	0.71	0.00	3.23	1.45%	7.94	0.00
Purines	mg	0.00	0.00	133.31	0.06%	328.14	0.00
Taurine	g	0.00	0.00	0.17	0.08%	0.42	0.00