

Chipotle-Tofu Veggie Enchilada Bake

Remove lid and bake at 350 for 15 to 20 minutes



FOOD SUMMARY

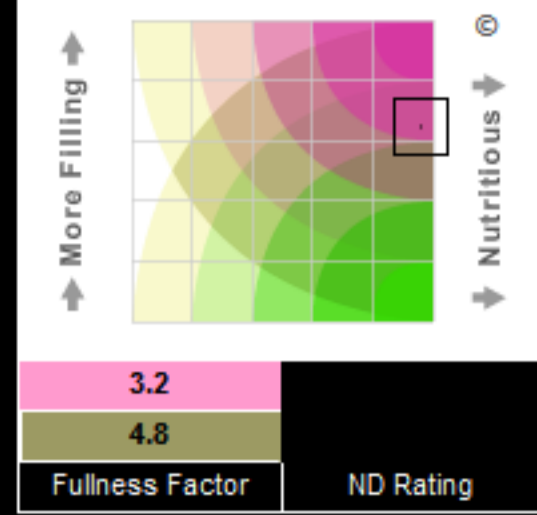
Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size 814 g		
Calories 483	Calories from Fat 81	
Total Fat 9g		14%
Saturated Fat 1g		6%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 751mg		31%
Total Carbohydrate 75g		25%
Dietary Fiber 24g		94%
Sugars 18g		
Protein 33g		
Vitamin A 226%	Vitamin C 426%	
Calcium 30%	Iron 39%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutritional Target Map

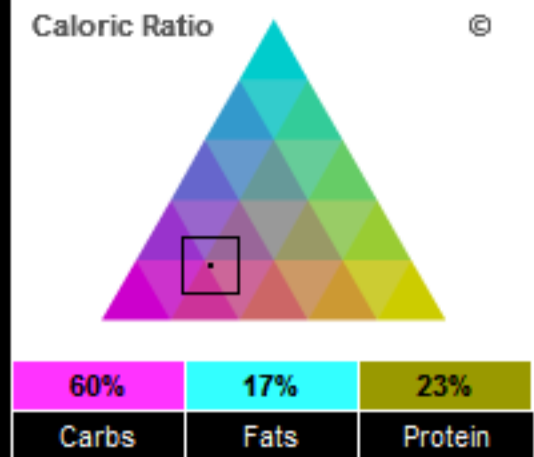


NutritionData's Opinion

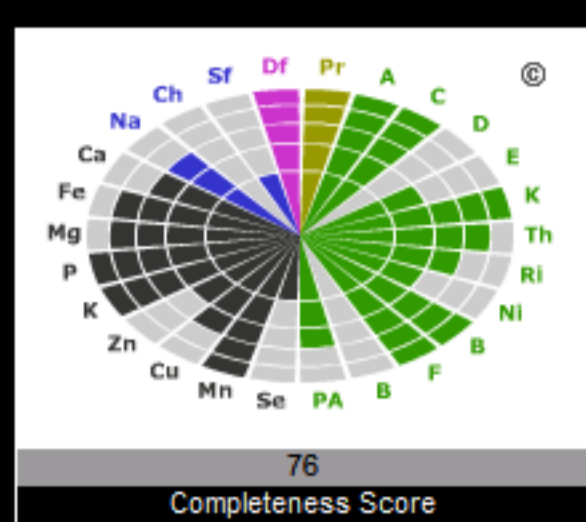
Weight loss: ★★★★★
 Optimum health: ★★★★★
 Weight gain: ★★★★★

The good. This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Vitamin K, Vitamin B6, Folate, Potassium and Manganese, and a very good source of Vitamin A and Vitamin C.

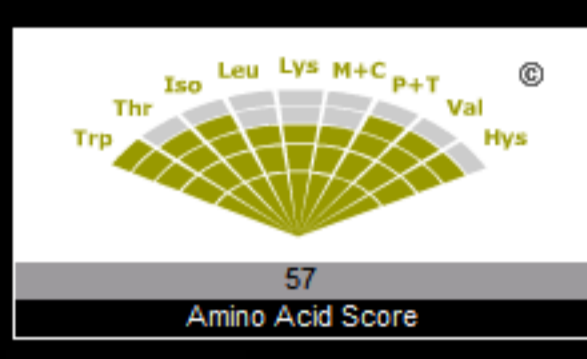
Caloric Ratio Pyramid



NUTRIENT BALANCE



PROTEIN QUALITY



Adding other foods with complementary amino acid profiles to this food may yield a more complete protein source and improve the quality of some types of restrictive diets.

[Find foods with complementary profile](#)

NUTRITION INFORMATION

Amounts per Entire Recipe (814g)

Calorie Information

Amounts Per Selected Serving	%DV
Calories	483 (2022 kJ) 24%
From Carbohydrate	290 (1214 kJ)
From Fat	81.5 (341 kJ)
From Protein	112 (469 kJ)
From Alcohol	~0.0 (0.0 kJ)

Carbohydrates

Amounts Per Selected Serving	%DV
Total Carbohydrate	~75.0 g ~25%
Dietary Fiber	~23.5 g ~94%
Starch	~4.9 g
Sugars	~17.8 g

Fats & Fatty Acids

Amounts Per Selected Serving	%DV
Total Fat	9.2 g 14%
Saturated Fat	~1.3 g ~6%
Monounsaturated Fat	~2.2 g
Polyunsaturated Fat	~5.2 g
Total trans fatty acids	~0.0 g
Total trans-monoenoic fatty acids	~0.0 g
Total trans-polyenoic fatty acids	~0.0 g
Total Omega-3 fatty acids	~245 mg
Total Omega-6 fatty acids	~598 mg

Ingredients: NaSoya or spouted Tofu, organic bell peppers, organic cauliflower, organic sweet potatoes, garlic, chipotle peppers in adobo sauce, organic black beans, organic lime juice, sprouted non-gmo corn tortillas, organic tomatoes and sauce, organic jalapenos, organic lemon juice, organic cilantro, dark chili powder, toasted cumin, sea salt, potassium powder.

Many foods available today can be a good source of one or two nutrients, but at HealthSavor, we strive to make every dish a GREAT source of EVERYTHING good. In addition to a well rounded vitamin and mineral profile, HealthSavor goes beyond any other food service to get you every nutrient you need in sufficient amounts to regain and maintain wellness.

We're not just out to sell food, we're out to make a positive impact on people's lives, quality of life, and ultimately lower disease rates in the region. Help us make a big impact by spreading the word!

Protein & Amino Acids

Amounts Per Selected Serving	%DV
Protein	~33.0 g ~66%
Tryptophan	~213 mg
Threonine	~688 mg
Isoleucine	~681 mg
Leucine	~1250 mg
Lysine	~974 mg
Methionine	~259 mg
Cystine	~211 mg
Phenylalanine	~801 mg
Tyrosine	~442 mg
Valine	~872 mg
Arginine	~915 mg
Histidine	~418 mg
Alanine	~839 mg
Aspartic acid	~2203 mg
Glutamic acid	~2542 mg
Glycine	~625 mg
Proline	~782 mg
Serine	~913 mg
Hydroxyproline	~0.0 mg

Vitamins

Amounts Per Selected Serving	%DV
Vitamin A	~11278 IU ~226%
Retinol	~0.0 mcg
Retinol Activity Equivalent	~563 mcg
Alpha Carotene	~33.0 mcg
Beta Carotene	~6555 mcg
Beta Cryptoxanthin	~324 mcg
Lycopene	~10894 mcg
Lutein+Zeaxanthin	~152 mcg
Vitamin C	~255 mg ~426%
Vitamin D	~0.0 IU ~0%
Vitamin E (Alpha Tocopherol)	~2.9 mg ~14%
Beta Tocopherol	~0.0 mg
Gamma Tocopherol	~0.8 mg
Delta Tocopherol	~0.0 mg
Vitamin K	~65.2 mcg ~82%
Thiamin	~0.5 mg ~36%
Riboflavin	~0.4 mg ~25%
Niacin	~4.0 mg ~20%
Vitamin B6	~1.4 mg ~69%
Folate	~385 mcg ~96%
Food Folate	~359 mcg
Folic Acid	~25.7 mcg
Dietary Folate Equivalents	~403 mcg
Vitamin B12	~0.0 mcg ~0%
Pantothenic Acid	~3.1 mg ~31%
Choline	~174 mg
Betaine	~15.9 mg

Minerals

Amounts Per Selected Serving	%DV
Calcium	~303 mg ~30%
Iron	~7.0 mg ~39%
Magnesium	~163 mg ~41%
Phosphorus	~423 mg ~42%
Potassium	~2170 mg ~62%
Sodium	~751 mg ~31%
Zinc	~2.8 mg ~19%
Copper	~0.6 mg ~29%
Manganese	~1.4 mg ~72%
Selenium	~4.2 mcg ~6%
Fluoride	~3.4 mcg

Sterols

Amounts Per Selected Serving	%DV
Cholesterol	~0.0 mg ~0%
Phytosterols	~60.5 mg

Other

Amounts Per Selected Serving	%DV
Alcohol	~0.0 g
Water	~689 g
Ash	~8.6 g
Caffeine	~0.0 mg
Theobromine	~0.0 mg

Footnotes for Chipotle-Tofu Veggie Enchilada Bake

A recent study published in Seminars in Preventive and Alternative Medicine that looked at over 100 studies over 10 years revealed a growing list of benefits of vitamin C.

"Vitamin C has received a great deal of attention, and with good reason. Higher blood levels of vitamin C may be the ideal nutrition marker for overall health," says study researcher Mark Moyad, MD, MPH, of the University of Michigan. "

The more we study vitamin C, the better our understanding of how diverse it is in protecting our health, from cardiovascular, cancer, stroke, eye health [and] immunity to living longer."

"But," Moyad notes, "the ideal dosage may be higher than the recommended dietary allowance."

We've got your back on vitamin C