Recipe Analyzer Results

A single serving of arlo food has 573 calories.

Read through the nutrition label for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 7

Amount per serving

Calories	**573**
	% Daily Value*
Total Fat 26g	**33%**
Saturated Fat 7.2g	**36%**
Cholesterol 151mg	**50%**
Sodium 183mg	**8%**
Total Carbohydrate 37.8g	**14%**
Dietary Fiber 4.7g	**17%**
Total Sugars 5.7g	
Protein 44.6g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 5mg	28%
Potassium 871mg	19%

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by verywell

Ingredients:

- 2 cups chopped string beans, raw
- 2 cups carrots chopped
- 1 cup brown rice
- 2 1/2 lbs chicken thighs
- 2 cups water
- 2 cups sweet potato, cubed