

## Abhorsen Trilogy Box Set

Vitamin Comparison Vitamin comparison score is based on the number of vitamins by which one or the other food is richer. The "coverage" charts below show how much of the daily needs can be covered ... View complete nutrition data for Natto. The data includes calories, protein, fat, carbohydrates, vitamins, minerals, and more. What is Natto? Natto is fermented soybeans providing the highest vitamin K2 content of any food for bone and cardiovascular health, complete protein with enhanced digestibility from fermentation, and ... Compare carbs, fat, protein, vitamins, minerals, and more between different foods or serving sizes. Search the database of over 800,000 foods to compare 20 foods or more. Use our nutrition profile for Natto to find out what nutrients it contains & how it compares to over 17k+ other foods! - Care Omnia Nutrition One cup of natto contains approximately 31g of protein, which is equivalent to the protein content in 5.5 large eggs or 3.5 oz of chicken breast. The protein in natto is also easily digestible and contains all ... Complete guide to natto nutrition: 175 calories, exceptional vitamin K2, probiotics for gut health. Learn health benefits for bone strength, muscle gain, heart health, gut microbiome, and more. Natto is an incredibly nutrient-dense food featuring high protein, probiotics, and unique enzymes like nattokinase. Its vitamin K2 content has notable benefits for bone health and cardiovascular ... This is the big difference from other high protein foods like meat and fish. In addition to these high-quality proteins, natto abundantly contains fibers, lipids, carbohydrates, vitamins, minerals and the like. Natto contains 369 calories per 175 g serving. This serving contains 19 g of fat, 34 g of protein and 22 g of carbohydrate. The latter is 8.6 g sugar and 9.5 g of dietary fiber, the rest is complex carbohydrate. ...

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*Nutritional Profile of Natto - Care Omnia Nutrition*

**Natto Nutrition Facts & Health Benefits | Nutrivio**

**Natto: Complete Nutrition Guide - SnapCalorie**

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