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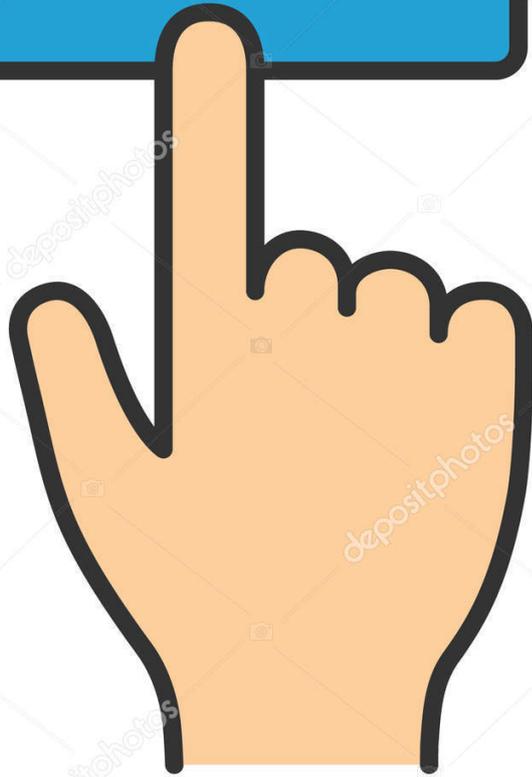
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[Urban Cookhouse Calories Menu](#)

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5g of carbs The carbohydrate profile of the the food reveals it is average in complex carbs and low in Simple carbs.. While Sodium is an essential nutrient, excess quantities can cause several disorders like fluid retention, hypertension.

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2. [urban cookhouse nutrition menu](#)

It is also ranked in the bottom 20 percentile in terms of its Monounsaturated Fat content, which are considered among good fats.. Our comprehensive nutrition ranking methodology, which inspects every nutrition element that this food is composed of, comes up with a nutrition ranking of 72, for Urban Cookhouse BALT, and we advise that this food in moderation.. Carbs are our primary source of energy but its source should be chosen with utmost care.. However, the high fat content makes it unsuitable if youre on a low-fat diet plan.

## **urban cookhouse calories menu**

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In terms of Polyunsaturated Fat content it is ranked in the bottom 20 of all food items.. It is also a high source of Selenium, which is an important antioxidant especially in combination with vitamin E.. Complex carbs are a more desirable addition to your diet, where as simple carbs should be consumed in moderation as it is very easily broken down, assimilated and absorbed in the body. [Autocad 2017.2 For Mac](#)



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## **urban cookhouse nutrition menu**

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It is a good source of Thiamin, Riboflavin, Niacin and Folate The food contains 36.. This is a good thing for people watching their sugar intake With 11 8 gms of protein, it is high in protein content, which is an important macronutrient that helps with tissue repair, provides energy and improves immunity.. It is also average in Magnesium, an essential micronutrient that regulates functioning of muscles and nerves and heart beat. [Function Keys For Mac](#)

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