



# PURPLE ANTIOXIDANT *Vegetable Mash*

Formulated for Adult Dog Maintenance

AMOUNT		INGREDIENTS	
1	28.4 ounce → 806 gram	Cooked Red Cabbage	
2	28.4 ounce → 806 gram	Cooked Eggplant	
3	28.4 ounce → 806 gram	Cooked Beetroot	
4	9.2 ounce → 262 gram	Raw Blackberries	
5	1.0 tbsp → 5.2 gram	Ginger Spice, Powdered	

## RECIPE PREPARATION

- Soak & Rinse All Produce**  
 In order to fully clean all produce before cooking, soak all fruit and vegetables in warm water for 30 minutes.
- Fully Cook All Vegetables**  
 Bake, boil, or steam all vegetables until fully cooked.  
*\*Baking was the method used to create this recipe. Preheat the oven to 400°F and bake for 1 hour or until cooked thoroughly.*
- Mash & Mix All Ingredients**  
 Cut vegetables into small portions and combine all ingredients in a high powered blender or food processor to create the vegetable mash. Mix thoroughly.
- Portion & Freeze**  
 Add the vegetable mix into freezer safe containers to store the excess without spoilage. Portion sized cubes can be made by freezing the vegetable mash in silicone molds or ice cube trays.
- Serve & Watch Your Dog Enjoy!**



### RECIPE ANALYSIS – AS FED

Calories	1000 kcal
Weight	95.5 ounce
Weight	2685.2 gram
Moisture	88.93%
Protein	1.36%
Fat	0.21%
Carbohydrate	8.77%
Ash	0.73%

### RECIPE ANALYSIS – DRY MATTER

Calories	1000 kcal
Weight	10.6 ounce
Weight	297.3 gram
Moisture	0.00%
Protein	12.30%
Fat	1.90%
Carbohydrate	79.29%
Ash	6.60%

### ESSENTIAL NUTRIENTS – AMINO ACIDS

#### RECIPE NUTRIENT AMOUNT

#### NRC RECOMMENDED ALLOWANCE

<i>NRC Essential Nutrient Guidelines for Adult Dog Maintenance</i>	<i>Per 96oz (2685g)</i>	<i>Per 1000kcal</i>
Crude Protein	36.51 gram (g)	25.00 gram (g)
Arginine	1.47 gram (g)	0.88 gram (g)
Histidine	0.55 gram (g)	0.48 gram (g)
Isoleucine	1.00 gram (g)	0.95 gram (g)
Leucine	1.41 gram (g)	1.70 gram (g)
Lysine	1.22 gram (g)	0.88 gram (g)
Methionine	0.34 gram (g)	0.83 gram (g)
Methionine + Cystine	0.65 gram (g)	1.63 gram (g)
Phenylalanine	0.99 gram (g)	1.13 gram (g)
Phenylalanine + Tyrosine	1.69 gram (g)	1.85 gram (g)
Threonine	0.98 gram (g)	1.08 gram (g)
Tryptophan	0.34 gram (g)	0.35 gram (g)
Valine	1.25 gram (g)	1.23 gram (g)

### ESSENTIAL NUTRIENTS – FATTY ACIDS

#### RECIPE NUTRIENT AMOUNT

#### NRC RECOMMENDED ALLOWANCE

<i>NRC Essential Nutrient Guidelines for Adult Dog Maintenance</i>	<i>Per 96oz (2685g)</i>	<i>Per 1000kcal</i>
Total Fat	5.53 gram (g)	13.82 gram (g)
Linoleic Acid (LA)	1.77 gram (g)	2.80 gram (g)
Alpha-Linolenic Acid (ALA)	0.01 gram (g)	0.11 gram (g)
Eicosapentaenoic + Docosahexaenoic Acid (EPA+DHA)	0.00 gram (g)	0.11 gram (g)

### ESSENTIAL NUTRIENTS – VITAMINS

#### RECIPE NUTRIENT AMOUNT

#### NRC RECOMMENDED ALLOWANCE

<i>NRC Essential Nutrient Guidelines for Adult Dog Maintenance</i>	<i>Per 96oz (2685g)</i>	<i>Per 1000kcal</i>
Vitamin A	77.28 microgram (mcg)	379.00 microgram (mcg)
Vitamin D	0.00 microgram (mcg)	3.40 microgram (mcg)
Vitamin E	7.66 milligram (mg)	7.50 milligram (mg)
Vitamin B1 (Thiamine)	1.46 milligram (mg)	0.56 milligram (mg)
Vitamin B2 (Riboflavin)	1.04 milligram (mg)	1.30 milligram (mg)
Vitamin B3 (Niacin)	12.78 milligram (mg)	4.25 milligram (mg)
Vitamin B5 (Pantothenic Acid)	3.76 milligram (mg)	3.75 milligram (mg)
Vitamin B6 (Pyridoxine)	3.16 milligram (mg)	0.38 milligram (mg)
Vitamin B9 (Folate & Folic acid)	1017.26 microgram (mcg)	67.50 microgram (mcg)
Vitamin B12 (Cobalamin)	0.00 microgram (mcg)	8.75 microgram (mcg)
Choline	323.44 milligram (mg)	425.00 milligram (mg)

### ESSENTIAL NUTRIENTS – MINERALS

#### RECIPE NUTRIENT AMOUNT

#### NRC RECOMMENDED ALLOWANCE

<i>NRC Essential Nutrient Guidelines for Adult Dog Maintenance</i>	<i>Per 96oz (2685g)</i>	<i>Per 1000kcal</i>
Calcium	0.60 gram (g)	1.00 gram (g)
Phosphorus	0.76 gram (g)	0.75 gram (g)
Magnesium	474.59 milligram (mg)	150.00 milligram (mg)
Potassium	6.05 gram (g)	1.00 gram (g)
Sodium	858.38 milligram (mg)	200.00 milligram (mg)
Chloride	1287.58 milligram (mg)	300.00 milligram (mg)
Iron	16.36 milligram (mg)	7.50 milligram (mg)
Copper	1.96 milligram (mg)	1.50 milligram (mg)
Zinc	7.38 milligram (mg)	15.00 milligram (mg)
Manganese	8.76 milligram (mg)	1.20 milligram (mg)
Selenium	28.94 microgram (mcg)	87.50 microgram (mcg)
Iodine	0.00 microgram (mcg)	220.00 microgram (mcg)