



# Fishy Dish for Kittens

Created by Emma Rutherford for Two Crazy Cat Ladies

For Kittens , indoor

Balanced to FEDIAF

Recipe amount **250 g**

Calories **372.5 kCal**



Recipe	Grams	lb	Ounces	Percentage
Whitefish, mixed species, raw	141.28 g	0.31 lb	4.98 oz	56.51 %
Sardine, canned, in water	70.64 g	0.16 lb	2.49 oz	28.26 %
Chicken Liver, raw	13.7 g	0.03 lb	0.48 oz	5.48 %
Egg Yolk, raw	8.22 g	0.02 lb	0.29 oz	3.29 %
Beef Bonemeal, grass-fed	2.83 g	0.01 lb	0.1 oz	1.13 %
Green Asparagus, cooked	7.78 g	0.02 lb	0.27 oz	3.11 %
Himalayan Salt Crystal	0.39 g	0 lb	0.01 oz	0.15 %
Thyme, dried	3.89 g	0.01 lb	0.14 oz	1.56 %
Wheat Grass	1.26 g	0 lb	0.04 oz	0.5 %
Now Organic Kelp Powder	0.04 g	0 lb	0 oz	0.01 %
<b>Total</b>	<b>250 g</b>	<b>0.55 lb</b>	<b>8.82 oz</b>	<b>100 %</b>



## **METHOD**

Roughly chop everything!

Now combine all of the ingredients together with the chopped ingredients in a large glass bowl, mix everything together using a wooden spoon. Et VOLIA! Dinner is served.

## **STORAGE**

Store in an airtight container, preferably non recycled glass containers with bamboo plastic free lids. Store in the fridge for up to 3 days or portion up and freeze for up to 3 months.

## **CHEF'S TIP**

It is preferable that you to add any oils/fats at the time of serving, proportionally.

***Please check with your veterinarian before feeding this recipe if your kitty has any health issues. This balanced recipe has been created to feed a healthy kitty using the calorific information as the feeding guidelines. Although this recipe is balanced we do not recommend that you continuously feed this recipe. You are feeding this recipe under your discretion.***

# The Natural Canine Kitchen



Macronutrient Analysis	As Formulated	DM	Percentage kCal
Protein	18.74%	60.45%	50.31%
Fat	7.60%	24.52%	45.92%
Ash	2.40%	7.75%	
Moisture	69.00%		
Fiber	0.85%	2.74%	
Net Carbs	1.41%	4.54%	3.77%
Sugars (limited data)	0.09%	0.28%	0.23%
Starch (limited data)	0.00%	0.00%	0.00%
Total			100.00%

Macronutrient Information	Percentage as formulated
Total kcal in Recipe	372.55
kcal per g	1.49
kcal per kg	1,490.18
kcal per kg DM	1,833.87
kcal per oz	42.25
kcal per lbs	675.95
Required kcal per day	0.00
Number of days	0
Amount to Feed per Day (g)	0.00
Amount to Feed per Day (oz)	0.00
Keto Ratio	
(g fat / (g protein + g net carb))	0.38

# The Natural Canine Kitchen



Minerals Analysis	Unit	Minimum	Maximum	Recipe
Ca	g	2.50		2.56
P	g	2.10		2.89
Ca: P	ratio		1.5 : 1	0.89 : 1
K	g	1.50		2.19
Na	g	0.40		0.99
Mg	g	0.13		0.23
Cl (no USDA data)	g	0.60		0.61
Fe	mg	20.00		30.53
Cu	mg	2.50		2.75
Mn	mg	2.50		136.57
Zn	mg	18.00		68.43
I (no USDA data)	mg	0.45		0.54
Se	mg	0.07		0.19

Vitamins Analysis	Unit	Minimum	Maximum	Recipe
Vit A	IU	2,250.00	83,325.00	7,169.89
Vit D	100 IU	70.00	7,500.00	2,226.72
Vit E	IU	9.50		471.33
Thiamine, B1	mg	1.40		11.45
Riboflavin, B2	mg	0.80		252.40
Niacin, B3	mg	8.00		266.60
Pantothenic Acid, B5	mg	1.43		41.95
B6 (Pyridoxine)	mg	1.00		39.42
Vit B12	mg	0.00		0.03
Folic Acid	mg	0.19		0.41
Choline	mg	600.00		656.00
Vit K1 (minimal data)	mg			0.00
Biotin (minimal data)	mg	0.02		0.00

# The Natural Canine Kitchen



Fats Analysis	Unit	Minimum	Maximum	Recipe
Total	g	22.50		51.02
Saturated	g			11.51
Monounsaturated	g			19.81
Polyunsaturated	g			13.53
LA	g	1.38		2.29
ALA	g	0.05		1.24
AA	g	0.05		1.53
EPA + DHA	g	0.03		7.45
EPA	g			2.21
DPA	g			0.73
DHA	g			5.23
omega-6/omega-3	ratio			0.44 : 1

Amino Acids	Unit	Minimum	Maximum	Recipe
Total protein	g	70.00		125.77
Tryptophan	g	0.40	4.25	1.24
Threonine	g	1.63		5.19
Isoleucine	g	1.35		11.70
Leucine	g	3.20		9.47
Lysine	g	2.13		10.14
Methionine	g	1.10	3.25	3.31
Methionine - cystine	g	2.20		4.53
Phenylalanine	g	1.25		4.83
Phenylalanine - tyrosine	g	4.78		8.87
Valine	g	1.60		6.18
Arginine	g	2.68	8.75	7.05
Histidine	g	0.83		3.73
Taurine (minimal data)	g	0.63		0.26