



## Recipe Analysis

**Recipe ID:** FS018

**Description:** CURRIED CHICKPEAS PK-8

**Servings:** 98

**Serving Size:** 4 OUNCES

**Recipe Source:** Washington State Schools

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	12,782.3390	100.0000	130.4320		
Food Energy	kcal	9,755.4683	76.3199	99.5456		
Saturated Fat	g	30.8949	0.2417	0.3153	2.85	
Sodium	mg	31,213.4237	244.1918	318.5043		
Total Trans	g					*
Total Fat	g	237.7643	1.8601	2.4262	21.94	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,637.5071	12.8107	16.7093	67.14	
Total Dietary Fiber	g	331.7145	2.5951	3.3848		
Protein	g	345.2382	2.7009	3.5228	14.16	
Vitamin A (IU)	IU	26,915.3878	210.5670	274.6468		
Vitamin C	mg	1,426.1383	11.1571	14.5524		
Calcium	mg	3,818.1102	29.8702	38.9603		
Iron	mg	100.6993	0.7878	1.0275		
Moisture	g	6,749.5352	52.8036	68.8728		*
Ash	g	112.0755	0.8768	1.1436		*

Trans Fat is displayed for informational purposes only.

\* Nutrient value marked as missing contains at least one ingredient for which nutrient data is absent.

**REPORT CRITERIA:**

Sections Filter(s):

Criteria Filter(s):

Report Comments Section: