



Recipe Analysis

Recipe ID: FS030

Description: KASHMIRI VEG TOFU STIRFRY K-8

Servings: 100

Serving Size: 6 OUNCES

Recipe Source: Boulder Valley School District

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	28,056.9656	100.0000	280.5697		
Food Energy	kcal	35,159.8951	125.3161	351.5990		
Saturated Fat	g	115.5105	0.4117	1.1551	2.96	
Sodium	mg	42,439.4151	151.2616	424.3942		
Total Trans	g					*
Total Fat	g	690.5942	2.4614	6.9059	17.68	
Cholesterol	mg	16.3292	0.0582	0.1633		
Carbohydrate	g	6,601.2709	23.5281	66.0127	75.10	
Total Dietary Fiber	g	428.0090	1.5255	4.2801		
Protein	g	1,153.0291	4.1096	11.5303	13.12	
Vitamin A (IU)	IU	245,212.2960	873.9801	2,452.1230		*
Vitamin C	mg	2,603.7706	9.2803	26.0377		*
Calcium	mg	23,842.7252	84.9797	238.4273		*
Iron	mg	270.7778	0.9651	2.7078		*
Moisture	g	17,758.4319	63.2942	177.5843		*
Ash	g	253.4386	0.9033	2.5344		*

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):

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