



Recipe Analysis

Recipe ID: FS052

Description: SWEET CHILI TOFU PK-8

Servings: 100

Serving Size: 3 OZ

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	10,559.6504	100.0000	105.5965		
Food Energy	kcal	9,746.9586	92.3038	97.4696		
Saturated Fat	g	96.8003	0.9167	0.9680	8.94	
Sodium	mg	9,521.5417	90.1691	95.2154		
Total Trans	g					*
Total Fat	g	627.4333	5.9418	6.2743	57.93	
Cholesterol	mg	7.8669	0.0745	0.0787		
Carbohydrate	g	619.0701	5.8626	6.1907	25.41	
Total Dietary Fiber	g	132.9038	1.2586	1.3290		
Protein	g	565.5010	5.3553	5.6550	23.21	
Vitamin A (IU)	IU	17,952.7784	170.0130	179.5278		
Vitamin C	mg	2,460.7998	23.3038	24.6080		
Calcium	mg	13,234.6316	125.3321	132.3463		
Iron	mg	113.3473	1.0734	1.1335		
Moisture	g	8,289.5579	78.5022	82.8956		
Ash	g	84.7306	0.8024	0.8473		

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:

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