



Recipe Analysis

Recipe ID: FS053

Description: SWEET CHILI TOFU 9-12

Servings: 100

Serving Size: 6 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	21,129.1747	100.0000	211.2917		
Food Energy	kcal	19,505.7146	92.3165	195.0571		
Saturated Fat	g	193.7545	0.9170	1.9375	8.94	
Sodium	mg	19,023.9694	90.0365	190.2397		
Total Trans	g					*
Total Fat	g	1,256.0027	5.9444	12.5600	57.95	
Cholesterol	mg	15.7412	0.0745	0.1574		
Carbohydrate	g	1,238.5500	5.8618	12.3855	25.40	
Total Dietary Fiber	g	265.9529	1.2587	2.6595		
Protein	g	1,131.0659	5.3531	11.3107	23.19	
Vitamin A (IU)	IU	35,938.0850	170.0875	359.3809		
Vitamin C	mg	4,928.6547	23.3263	49.2865		
Calcium	mg	26,470.1230	125.2776	264.7012		
Iron	mg	226.7372	1.0731	2.2674		
Moisture	g	16,587.3741	78.5046	165.8737		
Ash	g	169.4560	0.8020	1.6946		

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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