



Recipe Analysis

Recipe ID: FS056

Description: THAI TOFU CURRY PK-8

Servings: 100

Serving Size: 6 OUNCES

Recipe Source: In Harvest

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	19,915.7885	100.0000	199.1579		
Food Energy	kcal	18,270.9236	91.7409	182.7092		
Saturated Fat	g	739.5728	3.7135	7.3957	36.43	
Sodium	mg	35,616.4999	178.8355	356.1650		
Total Trans	g					*
Total Fat	g	1,343.4992	6.7459	13.4350	66.18	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	894.1592	4.4897	8.9416	19.58	
Total Dietary Fiber	g	200.8906	1.0087	2.0089		
Protein	g	816.9656	4.1021	8.1697	17.89	
Vitamin A (IU)	IU	331,282.6713	1,663.4173	3,312.8267		*
Vitamin C	mg	2,379.7177	11.9489	23.7972		*
Calcium	mg	21,556.9291	108.2404	215.5693		*
Iron	mg	173.8648	0.8730	1.7386		*
Moisture	g	12,964.2024	65.0951	129.6420		*
Ash	g	169.6029	0.8516	1.6960		*

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):

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