



Recipe Analysis

Recipe ID: FS057

Description: THAI TOFU CURRY 9-12

Servings: 100

Serving Size: 10 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	29,623.1482	100.0000	296.2315		
Food Energy	kcal	26,080.4863	88.0409	260.8049		
Saturated Fat	g	1,055.7394	3.5639	10.5574	36.43	
Sodium	mg	58,816.2868	198.5484	588.1629		
Total Trans	g					*
Total Fat	g	1,918.0692	6.4749	19.1807	66.19	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	1,273.6176	4.2994	12.7362	19.53	
Total Dietary Fiber	g	285.2117	0.9628	2.8521		
Protein	g	1,168.1000	3.9432	11.6810	17.92	
Vitamin A (IU)	IU	464,052.2153	1,566.5189	4,640.5222		*
Vitamin C	mg	3,399.3155	11.4752	33.9932		*
Calcium	mg	30,800.6387	103.9749	308.0064		*
Iron	mg	248.5975	0.8392	2.4860		*
Moisture	g	19,684.5524	66.4499	196.8455		*
Ash	g	263.6164	0.8899	2.6362		*

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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