



Recipe Analysis

Recipe ID: FS060

Description: VEGETABLE ALFREDO PASTA PK-8

Servings: 100

Serving Size: 8 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	23,182.5984	100.0000	231.8260		
Food Energy	kcal	35,133.9234	151.5530	351.3392		
Saturated Fat	g	860.3294	3.7111	8.6033	22.04	
Sodium	mg	74,324.0828	320.6029	743.2408		
Total Trans	g					*
Total Fat	g	1,554.1614	6.7040	15.5416	39.81	
Cholesterol	mg	3,870.1957	16.6944	38.7020		
Carbohydrate	g	3,754.7464	16.1964	37.5475	42.75	
Total Dietary Fiber	g	402.0558	1.7343	4.0206		
Protein	g	1,830.3125	7.8952	18.3031	20.84	
Vitamin A (IU)	IU	74,302.5925	320.5102	743.0259		
Vitamin C	mg	2,042.2942	8.8096	20.4229		
Calcium	mg	41,915.4361	180.8056	419.1544		
Iron	mg	186.5272	0.8046	1.8653		
Moisture	g	15,626.5550	67.4064	156.2656		
Ash	g	443.9931	1.9152	4.4399		

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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