



Recipe Analysis

Recipe ID: FS061

Description: VEGETABLE ALFREDO PASTA 9-12

Servings: 100

Serving Size: 10 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	31,595.6076	100.0000	315.9561		
Food Energy	kcal	48,572.8122	153.7328	485.7281		
Saturated Fat	g	1,148.4371	3.6348	11.4844	21.28	
Sodium	mg	86,816.1041	274.7727	868.1610		
Total Trans	g					*
Total Fat	g	2,079.7177	6.5823	20.7972	38.53	
Cholesterol	mg	5,160.2578	16.3322	51.6026		
Carbohydrate	g	5,377.0985	17.0185	53.7710	44.28	
Total Dietary Fiber	g	581.6435	1.8409	5.8164		
Protein	g	2,516.4322	7.9645	25.1643	20.72	
Vitamin A (IU)	IU	100,596.1808	318.3866	1,005.9618		
Vitamin C	mg	2,941.5511	9.3100	29.4155		
Calcium	mg	56,183.7202	177.8213	561.8372		
Iron	mg	267.5200	0.8467	2.6752		
Moisture	g	21,088.7727	66.7459	210.8877		
Ash	g	569.7320	1.8032	5.6973		

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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