



Recipe Analysis

Recipe ID: FS067

Description: CURRIED CHICKPEAS 9-12

Servings: 98

Serving Size: 6 OUNCES

Recipe Source: Washington State Schools

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	19,171.3323	100.0000	195.6258		
Food Energy	kcal	14,630.6022	76.3150	149.2919		
Saturated Fat	g	46.3563	0.2418	0.4730	2.85	
Sodium	mg	46,813.7670	244.1863	477.6915		
Total Trans	g					*
Total Fat	g	356.6251	1.8602	3.6390	21.94	
Cholesterol	mg	0.0000	0.0000	0.0000		
Carbohydrate	g	2,455.7710	12.8096	25.0589	67.14	
Total Dietary Fiber	g	497.4769	2.5949	5.0763		
Protein	g	517.7602	2.7007	5.2833	14.16	
Vitamin A (IU)	IU	40,372.6403	210.5886	411.9657		
Vitamin C	mg	2,139.1181	11.1579	21.8277		
Calcium	mg	5,726.4003	29.8696	58.4327		
Iron	mg	151.0126	0.7877	1.5409		
Moisture	g	10,122.7894	52.8017	103.2938		*
Ash	g	168.0751	0.8767	1.7151		*

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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