



Recipe Analysis

Recipe ID: FS073

Description: BEEF AND BROCCOLI PK

Servings: 72

Serving Size: 3/4 CUP

Recipe Source: Project Bread

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	13,303.5490	100.0000	184.7715		
Food Energy	kcal	18,049.3906	135.6735	250.6860		
Saturated Fat	g	132.0510	0.9926	1.8340	6.58	
Sodium	mg	49,639.1732	373.1273	689.4330		
Total Trans	g					*
Total Fat	g	705.1945	5.3008	9.7944	35.16	
Cholesterol	mg	1,890.3545	14.2094	26.2549		
Carbohydrate	g	1,903.7379	14.3100	26.4408	42.19	
Total Dietary Fiber	g	145.3413	1.0925	2.0186		
Protein	g	971.7311	7.3043	13.4963	21.53	
Vitamin A (IU)	IU	25,632.7993	192.6764	356.0111		
Vitamin C	mg	3,389.5580	25.4786	47.0772		
Calcium	mg	3,258.9837	24.4971	45.2637		
Iron	mg	143.6916	1.0801	1.9957		
Moisture	g	8,581.6937	64.5068	119.1902		
Ash	g	97.1292	0.7301	1.3490		

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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