



Recipe Analysis

Recipe ID: FS089

Description: KASHMIRI VEG TOFU STIRFRY PK

Servings: 100

Serving Size: 3 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	14,232.3282	100.0000	142.3233		
Food Energy	kcal	18,370.4203	129.0753	183.7042		
Saturated Fat	g	58.2814	0.4095	0.5828	2.86	
Sodium	mg	21,242.1199	149.2526	212.4212		
Total Trans	g					*
Total Fat	g	349.1475	2.4532	3.4915	17.11	
Cholesterol	mg	8.0840	0.0568	0.0808		
Carbohydrate	g	3,473.6132	24.4065	34.7361	75.63	
Total Dietary Fiber	g	220.2310	1.5474	2.2023		
Protein	g	610.9938	4.2930	6.1099	13.30	
Vitamin A (IU)	IU	122,161.3247	858.3369	1,221.6132		*
Vitamin C	mg	1,460.1088	10.2591	14.6011		*
Calcium	mg	12,938.8515	90.9117	129.3885		*
Iron	mg	145.0986	1.0195	1.4510		*
Moisture	g	8,867.9787	62.3087	88.6798		*
Ash	g	134.5240	0.9452	1.3452		*

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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