



## Recipe Analysis

**Recipe ID:** LW005

**Description:** VEGETABLE LO MEIN

**Servings:** 100

**Serving Size:** 1 CUP

**Recipe Source:** Live Well

Nutrient	Units	Recipe Nutrient Analysis	Nutrient Value Per 100 Grams	Nutrient Value Per Serving	% of Calories	Missing Values
Adjusted Weight	g	13,951.1080	100.0000	139.5111		
Food Energy	kcal	22,144.0357	158.7260	221.4404		
Saturated Fat	g	182.2015	1.3060	1.8220	7.41	
Sodium	mg	67,235.4677	481.9364	672.3547		
Total Trans	g					*
Total Fat	g	669.6811	4.8002	6.6968	27.22	
Cholesterol	mg	17,860.5014	128.0221	178.6050		*
Carbohydrate	g	2,963.7455	21.2438	29.6375	53.54	
Total Dietary Fiber	g	358.3203	2.5684	3.5832		
Protein	g	1,238.9142	8.8804	12.3891	22.38	
Vitamin A (IU)	IU	149,705.4894	1,073.0724	1,497.0549		
Vitamin C	mg	1,560.3338	11.1843	15.6033		
Calcium	mg	6,536.6661	46.8541	65.3667		
Iron	mg	246.6137	1.7677	2.4661		
Moisture	g	4,141.1911	29.6836	41.4119		
Ash	g	310.9423	2.2288	3.1094		

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):

Report Comments Section: